



Rideau Trail

NEWSLETTER

FALL 2016
Issue # 181



INSIDE:

PERTH 2016 - Hosting Hike Ontario
Poets' Pathway Bench Project
New Ottawa Challenge
... and much more !
Contents List - Back Page

Cover Photo:
Jack Tannett,
Foley Mountain

FEELIN' STRONG AT 45!

RTA Caps the Celebrations this Fall with a wealth of special activities in Perth:

RTA is 45, and Perth is celebrating its 200th Anniversary. So it's good karma for us to also host our hiking friends from the 25 member trails of Hike Ontario - RTA's a founding member - as they gather for their Annual Summit.

HIKE ONTARIO SUMMIT DATES: FRIDAY, SEPTEMBER 30 to SUNDAY October 2

Pub Night - Hikes - Workshops - Dinner

Workshops include the use of social media, tips for leaders, and even how to light an emergency fire - lots to share and learn!

TWO SPECIAL RTA HIKES

Central Club leads the final MEET IN THE MIDDLE hike (Saturday, September 24)

Kingston Club leads Arkon Lake Loop hike for our Hike Ontario friends - and our members too! (Sunday, Oct 2)

COME AND CELEBRATE! INFO: Sharen Yaworski (613) 544 6022 or sharenann@gmail.com



Kingston Club's Summer BBQ

More "Birthday 45" Celebration!

RTA's not just about "hiking- miles" covered (that's *September's* preoccupation when the Frontenac Challenge starts!) 39 Kingston Club members, new and old, had a languid August evening together on the deck of Glen Lawrence Golf Course. This is the 3rd year for this event, so one now can term it a "tradition" in the making. Thanks to Linda Line, Kingston's Special Events Coordinator.



Left: Kingston Club party-time at Glen Lawrence Golf Club (Photo: Catherine van Vliet)

Middle: Organizer Linda Line (L) and Jane Moore, who crafted special RTA table centre-pieces. (R) (Photo: Bob Schofield)

"The Trail is the Icing on the Cake" as Central Club celebrates RTA's 45th

Story by Mary Robinson

About 40 Central Club members of the Rideau Trail Association met at the Rideau Ferry Yacht Club Conservation Area on July 21, 2016 for a potluck social to celebrate the 45th anniversary of the Association.

Picnic tables were laden with favourite summer specialties and delicacies of all kinds. Cooling breezes off the Lower Rideau Lake and shade in the dining pavilion kept everybody comfortable in the hot sunny weather while ospreys called from a nearby nest.

A huge map of the Rideau Trail, which runs from Kingston to Ottawa, was adorned with photos of some members' favourite places along the Trail. As stewards of the 387 km Rideau Trail network, it was only appropriate to decorate our huge anniversary cake with a map of the Trail.

This event served as a wonderful opportunity to catch up with old friends and make new ones in a relaxed idyllic setting.

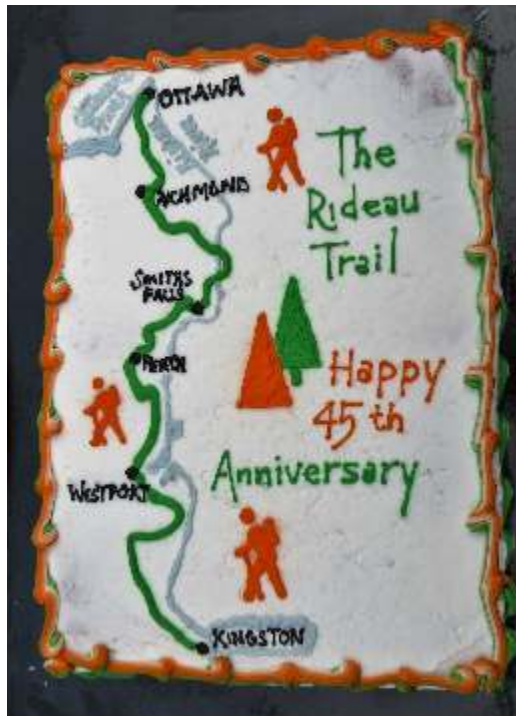


Photo: Howard Robinson

Among the attendees were some of our longest-serving and most respected members, including John Miller and Veronica Airth, Don Sherwin and Chris McGuire, Robert Groves and Marianne Lods, Gunhild Karius and Bill Ottney, Ernie Trischuk,

Bruce Gourley, Margaret LaFrance and Joy Webster. All of these persons served as active hike leaders, maintained the Trail, developed our Rideau Trail Guidebook or played key roles at both the Club and RTA Board levels over the past years. *Several of these members have served the Club for well over 25 years.*

A 'Hobble of Hikers'

For fun, attendees were invited to participate in an interactive game - what is a group of hikers called? The prize of one-year membership renewal went to Tom Pearcey for his entry, "a hobble of hikers". Congratulations Tom!

Current hike leaders, hikers and guests mixed and mingled with each other and with the senior members, who are recognized as the cornerstones of the Central Club, sharing stories into the summer evening. Overall the event was considered a great success and members look forward to future social events.

John Miller doing the honour of cutting the RTA 45th anniversary cake



Photo: Jack Tannett

Central's "Settlers Trek 1816"

Commemorating the 200th anniversary of the Perth Military Settlement

Story: Jack Tannett

The Rideau Trail has never been so popular! May 20, the section of the trail leading into the Perth Basin alongside the Tay River was crowded with onlookers as a group of weary trekkers (including several RTA members) arrived in town from their long journey by foot from Brockville.

It was a walk back in time.....

My name is Thomas Barber (AKA Jack Tannett), a military emigrant from Dumfries, and I joined a group of other settlers from Scotland on a hundred kilometre trek through the wilderness to our new home somewhere near the Perth military settlement, far inland from Brockville on the St. Lawrence River. My incentive was 100 acres of free land. I knew that the trek was just the start. I now had to clear the forest and build a home before the land was mine to keep.

For six days a train of wagons, horses and walkers threaded its way through the green springtime countryside to reach our destination. There were some stretches of busy highway where we would follow the flashing lights of our escort, waving cheerily at the wide-eyed truck drivers. But most of our journey was along the quieter byways.

Each evening we would gather for the night at a welcoming community where we were given hearty meals and a camping site. Lyn, Athens, Delta, Portland, Rideau Ferry: villages which had embraced the spirit of the trek and which made us proud to be Canadians. And arriving in Perth we found a town full to the brim to welcome the weary travellers. Here we were given our location tickets.

* * * * *

For us this was the end of a special experience, and now we could head for a hot bath and a comfy bed. For the real settlers two hundred years ago, this was just the start of a gruelling life – but one of freedom and ownership of their own land; something they might only have dreamed about back in Scotland.

Over this short period of time together on the road, the trekkers and their horse-drawn companions had bonded into a tight group. It was with regret that we stepped out of our time machine and returned to the real world. But the next time these RTA members meet on a hike, we will have a lot to talk about!

A vote of thanks to RTA Central Club member David Batchelor, who signed up early for the Trek and inspired me to do the same. And a special thanks to Central Club Chair, Gill Hyland, who was a very busy volunteer throughout the Trek. Her organizational skills made sure we were all accounted for each day. So active was she that I wondered if she had twin sisters! And finally many thanks to the other RTA members who participated in the Trek. We have formed a common bond and are now proud to be known as the Trekkers of 1816!

RTA's "Settlement Trekkies":

Looking pretty chipper after 5 days and close to 100 Km. since leaving Brockville, these Central Club enactors approach Perth and the final celebrations.

L to R are: Marilyn Barber, Dan Woods, Anna Cornel, and David Batchelor

Photo: Gill Hyland





FALL 2016 Issue 181

Rideau Trail Association

P.O. Box 15 Kingston, Ontario K7L 4V6

Telephone:

Kingston and RTA: (613) 545-0823

Central: (613) 264-8338

Ottawa: (613) 860-2225

Web Page: www.rideautrail.org

Electronic Mail: info@rideautrail.org

Webmaster: **Paul Galipeau** (613-255-8760)

web@rideautrail.org

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

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

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

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. .

© 2016 Rideau Trail Association **ISSN 0709-7085**

Editor for this issue: John Cornish, Kingston

Winter Newsletter **DEADLINE: Dec. 01, 2016**

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

Send material directly to Ottawa editor:

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

RIDEAU TRAIL ASSOCIATION is a
member of HIKE ONTARIO

Follow us!



BOARD OF DIRECTORS

President (613) 389-8747	Lars Thompson, Kingston thorlarson@cogeco.ca
Past President: (613) 259-3175	Robert Groves, Lanark grovesgroup@sympatico.ca
Vice President: (613) 843-8222	Denise Hall, Ottawa rebeccahall@rogers.com
Secretary (613) 224-9064	Liz Choros, Nepean lizchoros@gmail.com
Treasurer: (613) 729-3660	Lorraine Farkas, Ottawa lorraine.farkas@sympatico.ca
Membership Director (613) 544-3110	Sheila Menard, Kingston sushe@sympatico.ca
Trail Coordinator: (613) 373-2847	Jim Lorimer, Kingston lorimerjd@gmail.com
Marketing/Communications: (613) 255-8760	Paul Galipeau (Ottawa) pgalipeau@gmail.com
Newsletter Editors:	
Ottawa: 613 422-1318	Steve Kelly, Ottawa stkelly@rogers.com
Kingston: (613) 382-4778	John Cornish, Gananoque cornish@kos.net
Club Chairpersons:	
Ottawa: (613) 843-8222	Denise Hall, Ottawa rebeccahall@rogers.com
Kingston: (613) 544-6022	Sharen Yaworski, Kingston sharenann@gmail.com
Central: (613)-267-5756	Gill Hyland Perth ghyland2@cogeco.ca
Club Representatives:	
Ottawa: (613) 7225-8770	Brian Grant, Nepean brian_grant@sympatico.ca
Kingston: (613) 283-8985	Bill Ottney, Smiths Fall wottney@cogeco.ca
Central: (613) 466-0417	Jack Tannett, Perth jtannett@cogeco.ca

MEMBERSHIP RENEWAL/ORDER FORM
is on Page 23
OR

You can renew or order things online :
www.rideautrail.org

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

RECENT NEW MEMBERS - WELCOME TO RTA !

KINGSTON CLUB:

Nancy & Ian Baines
Elysia Asselstine & Joanne Biggs
Rosemary A. Brosseau
Robert Chatelain
Diane Beek & Tamarah Christiansen
Frieda Collins
Catherine Cornett
Maureen Dunne
Madelaine Gierc
Elissa Guy
Ron Lett
Wendy Lockhart
Debbie & Eric Millan
Gema Olivo
Wayne Samms
June Scannell
Julie Smallman
Sandy & Marilyn Smith

OTTAWA CLUB:

Sylvie Binette
Katie Boothby
Amine Boudil

Micheline Brousseau
Adriana de Francisco
Cecilia Delfino
Dianne & Ron Ford
Joshua Beelen & Julia Fortey
Nizar Hammad
Ying Huggins & Pierre Leduc
Veronica Moore
Sheila Moriarty
Mutsumi Okada
Stephanie Sewell
Katherine Arnup & Nancy Wasserman
Olly Wodin

CENTRAL CLUB:

Sheila Stojakovich

NON-AFFILIATED:

Walter & Christine Boyd
Ann Giles
Nicholas Glover
Cherie Jackson
Judy Kwasnica
Dennis Price

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



Photo: Carol Seal

Audrey Stewart Rules! BRUCE TRAIL E2E

Congratulations, Audrey, on
completing the **entire Bruce Trail**.

What a journey - a total trek of
some 885 Km. over 7 years. Wear
that chevron with pride.

On the last section, Audrey was
accompanied by four other Rideau
Trail stalwarts, seen here on a grassy
knoll before the final push to the
end. (L-R: Carol Seal, Audrey
Sanger, Jim Lorimer, Audrey Stewart
and Dagmar Jones.)

It's always nice to have good
companions with whom to share the
victory.

Comfortable Hiking Holidays

Hike an adventure. Rest in comfort.

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

PATAGONIA Southern Chile & Argentina

March 5 to 17, 2017

In Chile, visit penguins on Isla Magdalena, then journey south to the heart of Torres Del Paine NP for magnificent views of the central lakes and the Paine's Horns, a stunning hike on the shores of Grey Lake to witness the icebergs floating in the water, and the famed hike up to "The Towers".

In Argentina, travel to El Chalten & El Calafate for hikes in Los Glaciares NP, a UNESCO World Heritage site. Hike over to view Mt. Fitz Roy and visit Perito Moreno Glacier. This exciting adventure concludes in the cosmopolitan city of Buenos Aires.

THE "CAMINO", SPAIN

May 1 to 13, 2017

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

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!

AMALFI COAST, ITALY

April 17 to 29, 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.

CORFU, GREECE

May 15 to 27, 2017

This Greek island is the perfect combination of European flare & 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!

SAVE ALMOST \$300 IN 2017!

KENYA

July 9 to 21, 2017

Don't just *drive* through Kenya - hike it too!

Imagine encountering herds of zebras, giraffes and gazelles right on your path! Travel to 3 different parts of the country, take in incredible sunsets over the savannah, visit Masai herdsman in their homes and, of course, see lions, elephants & leopards on our game drives. Accommodations include luxury tented camps and one night at The Ark! And did you know that July is the coolest month of the year in Kenya?

TICO # 50018498

WINTER END-TO-END

Check your woollies and stake out these dates for your new calendar!

January 7-8 ; 21-22.

February 10-11-12; 25-26

Moonlight night hike on Friday, February 10.

(Not the exact date for the full moon but close enough for us howlers!)

A fully detailed notice will appear later on in the Winter Newsletter and in the E-Letters.
In the meantime, if you have questions, contact one of the E2E organizers:

John Morrison
Audrey Stewart
Carol Seal
Bill Murdoch

sail-ability@sympatico.ca
audrey.j.stewart@gmail.com
carol.seal.613@gmail.com
613 767 4858

2016 OUTSTANDING SERVICE AWARDS

JOY WEBSTER



Photo: Don Coulter

Joy took out a life membership when she joined the RTA in 1994.

Joy took her role as treasurer very seriously when she assumed the position 6 years ago. Joy's was a steady hand on the RTA financial tiller: she reorganized the books and produced financial statements and Board reports that were clear and understandable to the lay Board members as well as acceptable to the federal government.

Thank you, Joy, for your responsible stewardship.

Robert Groves presented the award to **Joy Webster**, the outgoing RTA Treasurer.

STAN HUFF



Jim Lorimer and Sharen Yaworski presented the award for **Stan Huff**, long-time Maintenance Coordinator for the Kingston Club. (Stan could not attend).

Stan is a dedicated hard-working member, a good friend and solid colleague. Not only does Stan organize the many work parties needed each year in the Kingston region, but he is also a prime participant in all of them.

He's been a major contributor to such major projects as the Marshlands Boardwalk, the two Gould Lakes bridges, and the boardwalks at Gould Lake and Marble Rock.

Stan is also a frequent leader of hikes, particularly his favourites, Rock Dunder and FlagPole Hill. Great job, Stan!

RON ARSENAULT

Denise Hall and Audrey Stewart presented the award to **Ron Arsenault**, Trail Maintenance Coordinator for the Ottawa Club for 8 years.

Ron is organized, supportive, helpful and dedicated to the job at hand, and he brought all these skills to the Ottawa Club.

He worked closely with Jim Fox, the Ottawa Club's Landowner Liaison volunteer, collaborating on many issues and projects.

Trail maintenance volunteers appreciate Ron's down to earth approach and his organizational and administrative skills. He took the time to hike sections of the Trail with



Photo: Don Coulter

the maintainers to get a firsthand look at the condition of the Trail. He ensured supplies were available when needed and he maintained good relations with other organizations .

He spearheaded the major repairs to the Ken Pryor bridge near Richmond, even fabricating the handrails for the bridge repair in his personal workshop ; he served on the committee that developed and implemented the first set of electronic maps, and he negotiated the transfer of the Cameron Lot to the Rideau Valley Conservation Foundation.

Ron continues to serve the Ottawa Club as a trail maintainer. Thank you, Ron!

(Based on the citation by Ron Hunt and notes by Liz Choros)

KINGSTON CLUB ACTIVITIES - FALL 2016

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

See “Levels of Difficulty and Participants’ Responsibilities ” on Page 25

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

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

Hike Leaders: obtain Sign-Up/Liability Waiver Sheets online or from Peter Burbidge 613 634 1877 Please forward completed forms to Lorna Deyo, 124 Stephen Street, Kingston, ON K7K 2C7 or lornadeyo@yahoo.ca

WEDNESDAY WALKERS

Afternoon walks ideal for those who wish some healthy, social exercise at an easy pace.

Contact Marie Kraus at (613) 352-7235 or krausmarie@hotmail.com. By adding your name to our email list you will receive weekly location details every Tuesday afternoon via email. For those without an email address you can phone Marie Tuesday afternoon for this information. The walk locations change weekly but they all start at 1:30.

SPECIAL NOTICES

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

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

Frontenac Challenge Make-up Hikes: Anyone wishing a leader for a Monday, Wednesday or Friday contact Audrey Sanger at 613 384 6244 . This applies to both September and October.

CELEBRATE RTA’S 45th ANNIVERSARY : “Meet in the Middle” End-to-End Climax (September 24) and Hike Ontario Summit at Perth (September 30 -Oct. 2), including Sunday Arkon Loop hike. See separate story Pg. 2

FOLEY MOUNTAIN CHRISTMAS TREE CAROL SING : Friday, December 2.

Bundle up and join Bill and Gunhild for this Rideau Trail seasonal tradition. Enthusiasm required: singing voice quality is optional!

ANNUAL CHRISTMAS POT LUCK DINNER PARTY : **Saturday**, December 10.

Share some great food with friends and drink a toast or two to the beginning of the winter season.

See Activity Listing for all the details.

ACTIVITIES CALENDAR - KINGSTON CLUB



Thursday September 1 Frontenac Challenge Cedar Lake Loop

Level 2, fast pace, 15 km. Start your FC 2016 with an invigorating hike through the park's largest complex of multi-stage wetlands. Depart CT at 8 am. Gas \$4 plus shared park fee. Leaders: Lynn Esau 343 363 0384 (esaulynn@gmail.com) and Miu Lam 613 544 6201 (ymiu.lam@gmail.com)



Saturday September 3 Frontenac Challenge Big Salmon Lake Loop

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

**Sunday September 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 \$6. 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



**Tuesday September 6
Frontenac Challenge - Little
Salmon, Little Clear and Hemlock**
Level 2/3, fast pace, 25 km. This network of woodland trails highlights the Moulton Gorge and several 19th century homestead sites. Depart CT at 8 am. Bring plenty of water. Gas \$4 plus shared park fee. Leaders: Nancy Hunter 613-372-2157 (nancynelles@gmail.com) and Miu Lam 613-544-6201 (ymiu.lam@gmail.com)



Wednesday September 7 Frontenac Challenge Slide Lake 'lite'

Level 3, moderate pace, 28 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 or Bill Ottney 613-858-3183



Thursday September 8 Frontenac Challenge Gibson & Tetsmine

Level 3, fast pace, 24 km. Beginning at Kingsford Dam, we'll follow the park's two northernmost trails past several homestead sites, some abandoned mines and the Moulton Gorge. Bring plenty of water. Depart CT at 8 am. Gas \$5. Or meet at Kingsford Dam parking lot at 8:45 am. Leaders: Nancy Hunter 613-372-2157 (nancynelles@gmail.com) and Lynn Esau 343-363-0384 (esaulynn@gmail.com)

Saturday September 10 Sandbanks 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 or at trailhead. Leader: Bob Chadwick 613-544-9222.



Sunday September 11 Frontenac Challenge Slide Lake Loop

Level 3, moderate to fast pace, 28 km. Join us for this exhilarating 7 1/2 to 8 hour hike around Frontenac Park's most rugged and rewarding loop. Bring plenty of water, a lunch and snacks. Depart CT at 7:45 am. Gas \$4 plus shared park fee. Leaders: Lynn Esau 343-363-0384 (esaulynn@gmail.com) and Miu Lam 613-544-6201 (ymiu.lam@gmail.com)



Wednesday September 14 Frontenac Challenge Arkon, Doe and Arab

Level 2, fast pace, 17 km. These woodland trails in the park's western section feature long stretches of boardwalk, many beaver ponds and a unique ring bog. Depart CT at 8 am. Gas \$4 plus shared park fee. Leaders: Lynn Esau 343-363-0384 (esaulynn@gmail.com) and Nancy Hunter 613-372-2157 (nancynelles@gmail.com)

Friday September 16

Full Moon Wander on the K&P
Level 1, easy pace, 4 km. Let's do some Howlin'. Bring a flashlight. Meet at K&P Trail at the Dalton Street Trailhead at 9 pm. Leader: Audrey Sanger 613 384 6244



Saturday September 17 Frontenac Challenge Little Salmon, Little Clear, and Hemlock

Level 3, moderate to fast pace, 22 km. Close the loops around three Frontenac Park lakes. Depart at 8 am. or meet at Big Salmon Parking lot at 8:45. Gas \$4 + Park Fees. Leaders: Gunhild Karius karius1@cogeco.ca or Bill Ottney 613-858-3183 *Hike leaders request a volunteer for sign-up at CTC.*

**Tuesday September 20****Small Slide Lake Loop**

Level 3, fast pace, 14 km.

Setting out from 6767 Perth Rd, we'll hike this rugged trail counter-clockwise through mixed hardwood and a vast network of granite outcrops. Enjoy lunch and a spectacular view on Whale's Back. Depart CT at 8:00 am. Gas \$4. Leaders: Nancy Hunter 613-372-2157 (nancynelles@gmail.com) and Miu Lam 613-544-6201 (ymiu.lam@gmail.com)

Saturday, September 24, K&P Rail Trail, North from Verona

Level 1, easy pace, up to 10 km. Lets enjoy a walk along this improved section of trail in wooded, lakeside cottage country. Bring a picnic lunch. Depart CT at 9 am. Gas \$6. Leader: Stan Huff: 613 548 3003

Friday, September 30 – Sunday, October 2 Hike Ontario Summit

Come out and learn more about all the hiking groups in the province. Please see details, Page 2.

**Sunday October 2**

Frontenac Challenge as a Hike Ontario Summit Outing Level 2, moderate pace, 13 km. Lets check out the fall flowers and leaves while hiking the great **Arkon Trail** in our favourite Provincial Park. Depart CT at 9 am. Gas \$4 plus share of park fee. Leader: Audrey Sanger: 613 384 6244

**Saturday October 8****Frontenac Challenge Gibson and Testmine**

Level 3, moderate to fast pace, 24 km. Access at Kingsford Dam and hike these beautiful loops of varying difficulty. Depart CTC at 8 am. or meet at Kingsford Dam parking at 8:45. Gas \$5. Leaders: Gunhild Karius karius1@cogeco.ca or Bill Ottney 613-858-3183 *Hike*

Leaders request a volunteer for sign-up at CTC.

Monday, October 10**Calabogie Thanksgiving Special!**

Joint Central/Kingston Hike. Level 2, 12 km (with some steep hills). Moderate pace. We'll ride the chairlift up to begin the trek on Calabogie Mountain's magnificent trails - so appealing in the Fall colours. You'll see a varied set of trails as we start from the Calabogie Peaks Resort, and end with refreshments in their lounge. Gas: \$12 plus chairlift fee. (see Calabogie Peaks ad, page 26) Depart from CT at 8:00 am. Kingston Leader: John Cornish 613-382-4778 Central Leaders: Howard & Mary Robinson, hmrob@storm.ca , 613-256-0817

**Saturday October 15****Frontenac Challenge****Cedar Lake Loop**

Level 2, moderate pace, 15 km. Hike this circular route enjoying rolling terrain and many ponds. Depart CT at 9 am. Gas \$4 plus park fee. Leader: Peter Burbidge 613 634 1877

Sunday October 16 Rock Dunder

Level 2, moderate pace, 8 km. Everyone is welcome for this beautiful outing for the day. Scenic views and bring your camera. Fun time for everyone. Ice Cream or refreshment after hike. Leader's favourite hike. Gas \$5. Depart CT 9 am. Leader : Stan Huff 613-548-3003

**Saturday October 22****Frontenac Challenge Arkon, Doe, and Arab**

Level 3, moderate pace, 13+3+1 km. Hike the Arkon and if you still have an incomplete Challenge, hike Doe and Arab. Depart CT at 9 am. Gas \$4 plus park fee. Leader: Peter Burbidge 613 634 1877

Sunday October 23**Geology at Marble Rock**

Geologist Dugald Carmichael will be along to point out interesting facts and formations. Always a fun addition! Level 2-3, moderate pace, 11 km. Marble Rock has been designated one of the Frontenac Arch's AMAZING PLACES, with special appeal in the Fall when the stunning views open up across the valleys north of Gananoque. Some steep hills and rocky paths make this a satisfying day of hiking for everyone. Depart CT at 9 am. Gas \$4. *If you can meet the group at CT on behalf of the leader, please call!* Leader: John Cornish 613 382 4778

Saturday October 29 Walkabout at Skycroft Trails

Level 2, moderate pace, ~10 km. **Depart** CT 9 am. Gas \$4. Leader: Ray Wilson 613 382 7189

Sunday October 30**Wolfe Island Ramble**

Level 1, easy pace, 7 km. Enjoy sightseeing around Marysville on Wolfe Island with a refreshment stop. Please bring a lunch. Depart CT at 9 am. Gas \$2 Leader: Ann Wilson 613 531 9873

Saturday November 5 Rideau Trail and Cataraqui Rail Trail

Level 1, easy pace, about 10 km. Hike south-west of Chaffey's Lock on heavily wooded scenic trails, which could be rough and muddy in places. Bring a picnic lunch. Depart CT at 9 am. Gas \$6. Leader: Bob Chadwick 613-544-9222.

Sunday November 6**Parrott Bay Ramble**

Level 1, easy pace, 6 km. Enjoy this local park and circumnavigate the Bay followed by refreshments. Gas \$2 Depart CT at 1:30 pm or meet at Bath Road Entrance at 1:45 Leader: Peter Burbidge 613 634 1877



**DEER HUNTING SEASON
STARTS MONDAY,
NOVEMBER 7 (see
notice, page 25.**

**Saturday November 12 K&P Trail
from Harrowsmith to Verona &
Return** Level 2/3, moderate pace,
23 km. Lunch in Verona at
Restaurant. Gas \$3. Depart CT 8:30
am.
Leader: Stan Huff 613-548-3003

**Sunday November 13 Charleston
Lake Park, Tallow Rock Bay Trail**
Level 2, moderate pace, 11 km.
Some new perspectives for a
familiar route. We'll start with a
warm-up view from the Quiddity
Lookout, then add some other
novelties too. Leave CT at 9 am.
Gas \$6. *If you can meet the group
at CT on behalf of the leader,
please call!* Leader: John Cornish
613 382 4778

**Saturday November 19
Gould Lake RidgeWalk**
Level 3, moderate pace, 10 km.
Enjoy this late fall hike with
beautiful views of Gould Lake. RT
Map #04 Gas \$4 Depart CT at 9 am.
Leader: Ann Wilson 613 531 9873

**Sunday, November 20 Kingston
Waterfront Trail** - The views that
launched a thousand condo's. Start
at City Hall at 10:00 am, lunch at
the Tett Centre (outside), before
returning on Union Street, traverse
Queen's Campus back to City Hall.
Level 1, about 10 Km, easy pace.
Great for new and newer member!
No assembly at Canadian Tire.

Meet at City Hall waterfront at
10:00 a.m. Leader: John Cornish
613 382 4778

**Saturday November 26
Gould Lake East Side**
Level 2, moderate pace, 10 km.
Enjoy the interesting and hilly
intersecting trails of the East Side.
RT Map #04 Gas \$3 Depart CT at 9
am. Leader: Peter Burbidge 613
634 1877

**Sunday November 27 Morning
Hike on K&P Rail Trail in Kingston**
Level 1, easy pace, about 5 km.
Explore latest rail trail
developments around Belle Park
area and check out riverside and
city views from Belle Mountain.
Trails may be muddy in places.
Some of us may gather for lunch in
a local restaurant after the hike.
Depart CT at 9.30 am. Gas \$2.
Leader: Bob Chadwick 613-544-
9222

**Friday December 2
10th Annual Foley Mountain
Christmas Tree Hike and Sing**
Level 1, easy pace 1.4 km from park
gates to the Christmas Tree on
Foley Mountain. Get into the spirit
of the season by joining our Central
Club friends as we sing Christmas
carols beneath this Foley Mountain
landmark. Optional
dinner/refreshments afterwards at
The Cove in Westport. The hike
leaders are responsible for booking
reservations with The Cove. If you
plan to stay for dinner you MUST
contact the leaders by November
30. Bring a flashlight and your icers.
Carol sheets are provided. Depart

CTC Kingston at 5:15 pm. or meet
at the park gates at 6:15 pm. Gas
\$6 Leaders: Gunhild Karius and Bill
Ottney karius1@cogeco.ca 613-
858-3183 *Leaders would
appreciate a volunteer for sign-up
at CTC.*

**Sunday December 4 Lemoine
Point** Level 1, easy pace, 6 km. Hike
the circuit at Kingston's "Stanley
Park" enjoying the lake and late fall
weather. Meet at Lemoine Point
north parking lot (Coverdale) for a
1:30 pm. departure. Leader: Elgin
Bock 613 389 4216

**Saturday December 10 –
Christmas Pot Luck Party**
Celebrate the season at our pot
luck dinner. Please bring an
appetizer, main course or dessert
plus your own wine/beer. Non-
alcoholic fruit punch provided.
Contribution for
rental of the house is \$3 per person
at the door. Time: 6:00 pm.
Place: Queen's Women's
Association, 144 Albert St. RSVP:
Linda Line: 613-531-4353.

**Sunday, December 11
Hikers' Choice**
Depends on the weather and the
participants! Something at an easy
pace, Level 1 or 2 about 10-12 km.
and \$3-5 gas. The group will decide
the destination before departing
Cdn Tire at 9 am.
Leader: John Cornish 613 382 4778



Membership Application

*** Help Preserve the Legacy! *** The Rideau Trail Association (RTA) is committed to preserving one of Ontario's oldest and longest continuous footpaths, 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; Retail discounts; 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 ☐ Car Sticker (free to new members) \$1.00 ☐ Cloth embroidered crest \$2.50 ☐ RTA Hiker Name Pin (Print clearly please.) \$7.00 MEMBER'S NAME 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): _____	

RTA DONORS: Many thanks to the following members who have recently made donations to RTA!

Frances Cutler (Britannia Park Bench Project in
Memory of Bruce Henderson)

Brian Le Conte

Janice Ley

John Linehan

Anna Marshall

Robert Gordon & Juliet Milsome

Paul & Sandra Muis

Dennis Price

Linda & Bruce Sterling

RTA 45th Annual General Meeting Highlights

Westport Lions Beach House, Westport, Ontario

Saturday, June 18, 2016

74 of our members attended our 45th AGM on this sultry day in June. **Robert Groves**, past president, chaired the meeting. After the business and lunch, members had the opportunity to participate in various activities. Ron Hunt led a hike around the lake, Bob Chadwick led a historic hike in the community of Newboro and Sharen Yaworski offered a walk around Westport.

By 5:30 p.m. those people who had elected to stay for supper assembled at The Cove Inn for a delicious roast beef buffet dinner.

Linda Line from Kingston Club worked tirelessly the entire year to organize the venue and catering and to set up the dinner arrangements. Thank you, Linda, for another great organizing job!

BUSINESS MEETING: After the adoption of the 2015 AGM minutes, **Robert Groves** summarized some of the accomplishments of the RTA over the past year.

Our new Website, launched last fall, was a major step forward, under the leadership of Paul Gallipeau.

Robert highlighted the committee that was formed in 2015 to plan the Hike Ontario Summit in conjunction with Perth's 200th anniversary and the RTA's 45th anniversary.

Another special committee was also formed to examine hike leader training and to recommend improvements to current policy and practices in this area.

The RTA produced bilingual metal wild parsnip caution signs for placement along our trail where there is significant growth of this plant. The RTA also agreed to support the installation of a commemorative park bench in Britannia Park in Ottawa in Bruce Henderson's memory.

TREASURER – Joy Webster presented the financial statements for the year ending, March 31, 2016. The total fund balance of \$166,661 compared well to last year's total of \$166,092. The prepaid expense of \$1,007 was for the Britannia Bench. There was an increase of \$2,332 for new and \$2,003 for renewed deferred memberships.

The Operating Fund Income Statement had a surplus of \$570. Total revenue increased by \$1,559 primarily due to memorial donations. There was an increase of \$7,265 in expenses due to new marketing initiatives such as our participation in the Ottawa Adventure and Travel Show, this year's \$2,000 payment towards the \$10,000 cost for our new website, new accounting software and more colour printing in our newsletters.

The preservation fund had a balance of \$163, 278 with no expenses for the year.

MEMBERSHIP DIRECTOR - Sheila Menard reported that there were 895 RTA members as of June

which is the highest total membership in many years. The number of new members doubled from 102 in 2015 to 205 in 2016, with Ottawa experiencing the most growth. There were 176 members who did not renew by mid-June.

TRAIL COORDINATOR – Jim Lorimer reported a number of reroutes on our trail. They were the sections between points 17A and 17B (map 17), and a section along Kettles Rd. and up Munster Rd (map15) in Ottawa, and in the Kingston section, the trail between Alton and Freeman Roads.

After surveying the trails, the RTA has decided not to resume direct maintenance of the Crotch Lake Trails in the Township of North Frontenac, but will assist the Township as required.

The Cameron Lot in the Marlborough Forest was officially transferred to the Rideau Valley Conservation Foundation on March 31, 2016.

Regarding wild parsnip, the RTA will focus on awareness and prevention through articles in the

RTA newsletter and the website. Our new signs will be erected in the appropriate locations along our trail. The RTA will monitor what other organizations such as Hike Ontario are doing about this plant and will consider other measures as required.

Jim thanked all of the hard working members who have been involved in the ongoing maintenance of the Rideau Trail.

MARKETING AND COMMUNICATIONS

Paul Galipeau reported on some of the past year's marketing and communication strategies which have led to increased membership.

Our revamped website was launched in early November, 2015. Paul cited Paul Jean as an invaluable resource in developing the new website.

Our monthly RTA E-letter was redesigned and a new public E-mail newsletter was created. The public can subscribe to this newsletter through the website.

The RTA is active on Facebook, Twitter, and Instagram. Paul had data to show increased activity on these media. An article on Buzzfeed helped to boost our membership. About 1,000 people stopped by our RTA booth during our first time participation in the 2016 Ottawa Adventure and Travel Show this past March. The RTA acquired 25 new members as a result of the show.

Paul ended his report by sharing some of his plans such as producing new rack cards and new RTA merchandise for the coming year. As well, he will work closely with volunteer organizations, assist with the Hike Ontario

Summit and will continue to work with board members on a communications strategy.

OTHER:

An amendment to paragraph 18. (b) of Bylaw Number 3 in the constitution was moved, seconded and carried at the meeting. The bylaw now reads *"Each member shall be deemed 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"*.

BOARD OF DIRECTORS

A full slate of Board Directors was approved by the membership, and a new President, Lars Thompson, was acclaimed. See pg 5 for a complete listing of the Board members.

PRESENTATIONS:

The following persons have given their time and energy and talents in service to our Association over many years in positions of responsibility, to the great benefit of the Trail and of hiking in our Region. You richly deserve our respect and our thanks!

OUTSTANDING SERVICE AWARDS:

Joy Webster
Ron Arsenault
Stan Huff

(see story elsewhere)

CERTIFICATES OF APPRECIATION

Graham Creedy, RTA Board Member 2013-2016
Doug Hayes, RTA Board Member 2014-2016
Dorothy Hudson, RTA Board Member 2011-2015
Joy Webster, RTA Board Member 2010--2016

RIDEAU TRAIL END-TO-END AWARDS:

Robert Groves presented certificates along with badges to the following members who completed the end to end.

End-to-End Certificates:

509 Janny Wallbank
506 Brenda West
510 Heather Bracken
507 Marty Vert
511 Nicholas Hilaire
508 Cathie Kitchen
512 Nick Glover

Heather Bracken and Nicholas Hilaire, along with Nick Glover, completed the Trail in 11 days and raised, as part of the end to end, \$12,500 for an organization that trains dogs for veterans with post-traumatic stress disorder.

Winter End-to-End Certificate:

73 Dorothy Hudson
72 Audrey Stewart
74 Holmes McCullough



Winter Getaway Weekend for 2017

Longest-Running and Most Popular RTA Weekend Excursion

Hotel Le Chantecler, Laurentian – Jan 27-29

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

Hotel Le Chantecler is in Ste.Adele with cross country and snowshoeing trails nearby. Skating is available on the lake in front of the hotel. The hotel's facilities include squash courts, fitness room, pool and sauna. Rental equipment for various activities is available. It is rated as a four-star hotel; and your ski-weekend committee is pleased to recommend it again.

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

Kingston Club departs from Walmart parking lot (Midland Ave.) at **8:30 a.m.** Friday January 27 with arrival about 1:00 p.m., at Hotel Le Chantecler. Return to Kingston arrives about 9:00 p.m. on Sunday January 29. All arrangements will be confirmed by letter to you early in January 2017. Central Club departs from Brockville at **9:30 a.m.**

We have reserved 40 double rooms. Single rooms available. For bus and hotel commitment we require a deposit cheque of \$100 per person upon registration, and a second cheque for the balance postdated to December 15, 2016. Make cheques payable to Rideau Trail in Trust. If there is insufficient interest, the trip will be cancelled and your payments refunded. Please return completed registration form (below) with two cheques.

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

Your second cheque will not be cashed until there is sufficient registration. Cancellations after December 15, 2016 may not receive a full refund if replacements are not available.

Leader: Joan Patterson: jpatterson@maritimetravel.ca Registrar: Bob Schofield (613) 876-3738

Please copy this notice and share it with a friend

Detach form here, enclose with cheques.

Rideau Trail Association – Kingston Club

Hotel Le Chantecler, Laurentian – Jan 27-29, 2017



Name(s) _____

Address: _____ City: _____ Postal Code: _____

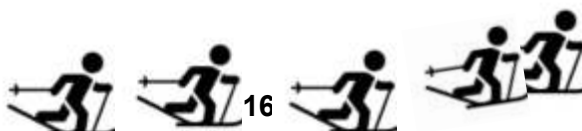
Phone (home) _____ e-mail _____ Rideau Trail Member Y/N| _____

Two cheques payable to Rideau Trail in Trust (\$350 per person double or \$450 single occupancy) are enclosed for the amount of \$ _____. A cheque for \$100 is due at the time of application; your other cheque, for the balance may be postdated to Dec, 15, 2016.

I wish to room with _____. Dietary restrictions _____.

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

Mail to Bob Schofield (Ski Weekend) 1164 Acadia Dr., Kingston, Ont. K7M 8W3



CENTRAL CLUB ACTIVITIES - FALL 2016

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

When carpooling: the amount quoted for gas is a suggested voluntary contribution. Fees for parking and entry to parks and conservation areas are shared among the driver and passengers.

We would ask hikers to arrive 15 minutes before the advertised start time in order to arrange car pools, receive directions and work out car shuttles when required. **Please check the start times for all hikes in this schedule as there is some variation.**

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

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

Read Participants' Responsibilities & Levels of Difficulty (Page 25)

SPECIAL NOTICES

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

CELEBRATE RTA'S 45th ANNIVERSARY : "Meet in the Middle" End-to-End Climax (September 24) and Hike Ontario Summit at Perth (September 30 -Oct. 2), including Sunday Arkon Loop hike. See separate story Pg. 2

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 with several hikes slotted in for those months. **Please note departure times for these hikes..** For more information contact the Park Office at Frontenac Provincial Park at 613-376-3489 or <http://www.frontenacpark.ca/pages/challenge.html>

Challenge hikes are identified s with the  icon in the listings. Additional Challenge hikes can also be found in the Kingston activity listing.

FOLEY MOUNTAIN CHRISTMAS TREE CAROL SING : Friday, December 2.

Bundle up and join Bill and Gunhild for this Rideau Trail seasonal tradition. Enthusiasm required: singing voice quality is optional!

Hike Leaders Planning Meeting Tuesday, October 25

Hike for Youth and the Young at Heart Sunday, October 30 Murphys Point Park.

MOONLIGHT HIKE: Murphys Point Park Saturday, November 12

Christmas Hike and Dinner Saturday, December 10

Wednesday Wanderers

These are shorter, more leisurely hikes/snowshoe outings for those who want a mid-week stretch and a breath of fresh air. Details are sent out each Monday by email.

Contact: Margaret LaFrance mలాfrance3@cogeco.ca 613 466 0403

ACTIVITIES CALENDAR - CENTRAL CLUB



Sunday, September 4

Frontenac Park: Arkon, Doe Lake & Arab Lake Loops

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

Saturday, September 10

RT E2E#4 Cornelia Court to Port Elmsley Level 1, 13km. Moderate pace. A mix of highway and quiet country roads, then a countryside ramble. Gas \$3 Car shuttle. Depart 9am. Leaders: Howard & Mary Robinson hmrob@storm.ca , 613-256-0817

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 lane. Depart 9am. Leader: David Allcock daveonottylake@gmail.com 613 706 3562

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 & the trail through Perth. Depart 9am. Car shuttle. Gas \$3 Leader: Tom Pearcey tom.pearcey@yahoo.ca 613 284 1294



Sunday, September 25

Frontenac Park Big Salmon Lake Loop

Level 2, 19km. Moderate pace Check another trail off your Challenge/Trek list or just enjoy the scenic views in this wonderful area. Park fee, Gas \$6 Depart 8:30am Leader: Nancy Gaudreau ndgaud@gmail.com 613 390 9532

Friday, September 30 – Sunday,

October 2 Hike Ontario Summit Come out and learn more about all the hiking groups in the province. Please see details, Pg. 2



Sunday October 2 SPECIAL Frontenac Challenge as a Hike Ontario Summit Outing

Level 2, moderate pace, 13 km. Lets check out the fall flowers and leaves while hiking the great **Arkon Trail** in our favourite Provincial Park. Depart Conlon Farm at 8:45 a.m. Gas \$6 plus share of park fee. Kingston Club Leader: Audrey Sanger: 613 384 6244



Tuesday, October 4 Frontenac Park Slide Lake Loop,

Level 2, 27km. Moderate pace. This is the most challenging of the Frontenac hikes, so join our most experienced long distance hike leader as she takes you on an adventure. Rain date Wednesday, October 5. Gas \$6 Park fee Depart Conlon Farm at 8am Please register in advance with the leader if you want to go on this outing. Leader: Nancy Gaudreau ndgaud@gmail.com 613 390 9532

Saturday, October 8

Linda's Loop Trails

Level 2, 11km, .moderate pace Come explore the highlights of these magnificent wilderness trails located less than an hour from Perth in North Frontenac Township near Crotch Lake. We'll see a scenic

viewpoint and beaver dam plus the option for an additional 4km. to a lookout. Gas \$5 Depart Conlon Farm at 8:30am. Leader: Jack Tannett jtannett@cogeco.ca 613 466-0417

Monday, October 10

Calabogie Thanksgiving Special!

Joint Central/Kingston Hike. Level 2, 12 km (with some steep hills). Moderate pace. We'll ride the chairlift up to begin the trek on Calabogie Mountain's magnificent trails - so appealing in the Fall colours. You'll see a varied set of trails as we start from the Calabogie Peaks Resort, and end with refreshments in their lounge. Gas: \$6 plus chairlift fee. (see Calabogie Peaks ad, page 26) Depart from Conlon Farm at 9:00 am. Central Leaders: Howard & Mary Robinson, hmrob@storm.ca , 613-256-0817 Kingston Leader: John Cornish 613-382-4778



Saturday, October 15 Frontenac Park Cedar Lake Loop

Level 2, 14Km, moderate pace. Enjoy the fall colours along this scenic loop in the center of the park. Refreshment stop in Westport on the way home. Don't forget your camera! Depart Conlon Farm at 8:30am. Gas \$6 Park fee. Leader: Nancy Gaudreau ndgaud@gmail.com 613 390 9532



Sunday, October 23 Frontenac Park Tetsmine & Hemlock Loops

Level 2, 17km. moderate pace Check off two more trails on your list for the Frontenac Challenge or Trek badges. Gas \$5 Depart Conlon Farm 8:30am. Leader: David Batchelor dlhbatchelor@gmail.com 613 264 1559

Tuesday, October 25 Hike Leaders Planning Meeting

Please bring ideas and plans for the winter schedule to the Batchelor's home at 7pm. If you can't make it, please contact Pat at patbatchelor13@gmail.com or call 613 264 1559

Sunday, October 30 Hike for Youth and the Young at Heart, Murphys Point Park.

Level 1, 4km., slow pace. The scenic Sylvan Trail winds through a mature hardwood forest typical of the southern Canadian Shield, a perfect place for forest bathing. Don't know what that is? Come on the hike and find out. Gas \$2 Depart Conlon Farm at 10am.
Leader: Gill Hyland
ghyland2@cogeco.ca 613 267 5756

Saturday, November 5 RT Bedford Mills

Level 2, 12 km. moderate pace. We will follow the Rideau Trail northwards from St. Stephen's Anglican Church in the historic village of Bedford Mills. The Trail is rugged and undulating as it winds through hardwood forests and along the picturesque McAndrews Road. This an out-and-back hike, with lunch along the way. Gas \$4. Depart at 9:00 a.m. Leaders: Howard & Mary Robinson, hmrob@storm.ca , 613-256-0817



DEER HUNTING SEASON STARTS MONDAY,

NOVEMBER 7 (see notice, page 25.

Saturday, November 12 Moonlight Hike, Murphys Point Park

Level 1, 3-4km, leisurely pace. Bring the family or the grandchildren to

enjoy the night sky and the mysteries of the dark woods. Perhaps we'll hear an owl or see a beaver in the creek. Warm up by the woodstove, sip hot chocolate and try Peder's homemade cookies after the hike. Depart Conlon Farm 6pm. Gas \$2 Leader: Peder Krogh pederkrogh5@gmail.com 613 456 6085

Sunday, November 20 RT Foley Mountain

Level 1, 10km, moderate pace. We'll explore the various loops of the Foley Mountain trails with a short visit to the lookout to enjoy the view of Westport. Depart Conlon Farm 9am, gas \$3, park fee
Leader: Tom Pearcey
tom.pearcey@yahoo.ca 613 284 1246

Sunday, November 27, Calabogie Mountain

Level 2+, 10 - 11 km. moderate pace. We will hike through mixed forests and wilderness scenery with spectacular vistas on the east section of the Manitou Mountain Trail, including the picturesque side trails of Wendigo Way, the Lost Valley Loop and Indian Pass. Gas \$6. Depart at 9:00 a.m. Leaders: Howard & Mary Robinson hmrob@storm.ca , 613-256-0817

Friday, December 2

Carol Sing, Spy Rock, Foley Mt.

Level 1, 1.4km, easy pace. 10th Annual Foley Mountain Christmas Tree Hike and Carol Sing. Get into the spirit of the season by joining our Kingston Club friends as we sing Christmas carols beneath the festive tree on Foley Mountain. Optional dinner/refreshments afterwards at The Cove in Westport. The hike leaders are responsible for booking reservations with The Cove. If you plan to stay for dinner you MUST

contact Bill Ottney (wottney@cogeco.ca) by November 30. Bring a flashlight and your icers. Carol sheets are provided. Depart Conlon Farm at 5:45pm or meet at the park gates at 6:15PM. Parking is limited so please carpool if you can. Gas \$3
Leader: David Allcock
daveonottylake@gmail.com 613 706 3562

Sunday Dec. 4 RT Mackler/Ferrier Loop

Level 1, 10 km, moderate pace. Enjoy the woods and fields, the boardwalk and the scenic country roads. Gas \$2 Depart 9a.m.
Leader: Brenda Ethier
brendaethier@ripnet.com 613 464 8746

Saturday, December 10 Christmas Hike and Dinner

Level 1, 7-8 km, moderate pace hike or snowshoe. Let's celebrate the season with fresh air, then dinner. We'll start at Brooke and walk along the old railway line to the entrance of Janet's property, where we'll explore the trails. Then, it's back to the start before returning home to brush up in time for dinner and a social at East Meets West in Perth. at 5:30pm. Everyone is welcome to come even if you don't hike..Please RSVP before Friday, Dec. 2 to Yvonne Kennedy yvnkennedy@gmail.com 613 267-9817 For the hike depart Conlon Farm at 10am, gas \$3
Leader: Janet Conboy
janeyboy@gmail.com 613-326-1438



OTTAWA CLUB ACTIVITIES - FALL 2015

Level 1 activities are easy, level 2 intermediate and level 3 advanced, requiring experience and a *high level of fitness*.

Please Read "Participants' Responsibilities and Levels of Difficulty" (page 25) for details.

Hiking pace scale: slow = 2–3 km/h; moderate = 3–4 km/h; fast = 4–5 km/h; very fast = 5+ km/h. If you are still unsure whether a particular outing is suited to your ability, contact the leader in advance. Scheduled activities usually take place regardless of weather, but if conditions are questionable, contact the leader in advance. Arrive at least 10 minutes before departure time. Transportation is by carpooling. Passengers contribute to the driver's gas.

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

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

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

Leaders: Waiver/sign-up sheets and incident-report forms are available on the RTA Web site (www.rideautrail.org). Forward completed sign-up sheets to Tony Barnes, 54 Evergreen Dr., Ottawa ON K2H 6C9 or scan them and send by e-mail (fellwalkerca@gmail.com).

SPECIAL NOTICES

CELEBRATE RTA'S 45th ANNIVERSARY : "Meet in the Middle" End-to-End Climax (September 24) and Hike Ontario Summit at Perth (September 30 -Oct. 2), including Sunday Arkon Loop hike. See separate story Pg. 2

BASICS FOR BEGINNING HIKERS

Do you have friends, family members or acquaintances who would like to start hiking but are uncertain about what's involved? Why not suggest that they sign up for the Ottawa Club's Introduction to Hiking. This course is ideal for folks who have expressed the desire to go hiking but need an orientation to give them the confidence they need to get started. We're offering it just in time to start the fall hiking season. Register early, as spaces fill up quickly.

INTRODUCTION TO HIKING - Saturday, September 24, 2016

Nepean Sportsplex, 1701 Woodroffe Avenue, Ottawa

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 2018).

To register or for information: e-mail introtohiking@rideautrail.org; phone 613-860-2225; or visit rideautrail.org/introtohiking

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.

Urban Walks - Every Tuesday evening from September 13 through to October 25. There may be a refreshment stop after the walk for those interested. Note: Meet at the starting point of the hike as specified in the Activities Calendar, to depart at 6 pm. Do NOT meet at Tunney's Pasture.

Weekday Morning Hikes - These hikes on Thursday mornings will resume in the fall and be advertised in the weekly e-notice. Phone Elizabeth Mason, 613-729-6596, for further information.

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.

Note: September 21, Wednesday Walkers Anniversary Hikes. Watch for details in the weekly e-notice.

ACTIVITIES CALENDAR - OTTAWA CLUB

Tuesday, September 13

Rideau River Loop, Ottawa East

Meet at Strathcona Park parking lot (end of Somerset Street East) for departure at 6 pm. Leader: Pat Archer, 613-565-6149

Saturday, September 17

Greenbelt Trails 20, 21 and 22

Level 1, 8 km, 2.5 to 3 hours at a moderate pace. Flat, well-groomed trails with frequent deer sightings. Bring water and a snack. Meet at Baseline Park & Ride for a 9:30 am departure. Gas \$2.

Leader: Sandy Freeman, sandyjfreeman104@gmail.com 613-225-2940.

Saturday, September 17 Up and Over, Gatineau Park Traverse: Meech Lake ↔ Cregheur Road

Level 2, about 9 km, in two parties: one party hikes southbound from P13 on the Wolf Trail, exchanges car keys with the second group when they meet, and proceeds to Cregheur Road. The second party does the hike in reverse. Minimal, if any, bushwhacking. Meet at Tunney's Pasture at 9:15 am. Gas \$3. Leader: Peter Haggerty, 613-400-9570, Fw599@ncf.ca

Tuesday, September 20 Rockcliffe Parkway to Aviation Museum

Check with leader re meeting place for departure at 6 pm. Leader: Steven Chappell, 613-612-0865

**Wednesday, September 21
Wednesday Walkers Anniversary Hikes**

Watch for details in the weekly e-notice.

Saturday, September 24

Capital City Treasures

Level 1, about 6 to 8 km and 2 to 3 hours. This urban walk will be a guided historical and cultural tour on the streets of Ottawa. It will include the Parliament buildings and all the statues on the grounds, Elgin Street, Sussex Drive north, the Supreme Court of Canada, the National Archives and Library of Canada, and much more. Bring a snack or stop at one of the coffee places on the way back. Meet at the Lord Elgin Hotel, 100 Elgin Street, at 10:30 am. Leader: Marilyn Schwartz, 613-828-4488, marilyn_sch1970@yahoo.ca

Gatineau Park High-Country Challenge

By Ann Bolster

Which is Gallery and which is Balcony? What's the difference between Stick and Stake? South and North Window, yes, but where's the West Window? And how did those trails get their names?

Ottawa Club's New Challenge: This October you could have all those questions and more answered. If you're a solid level 2+ hiker with some level 3 experience, challenge yourself and join us to hike the high country in Gatineau Park from west to east in five segments. On the five Saturdays (rain date Sunday), starting October 1, you'll gain an appreciation for the park's changing terrain and for the many interesting features along the way. Of course, the views will be even more stunning with the colourful leaves. Those completing the challenge will receive a certificate at an awards ceremony after the series concludes. Your total ascent will be revealed then!

We'll offer a prehike on the preceding Wednesday with the Wednesday Walkers so that you

will have more than one chance to hike a segment. And those who wish to learn a section to lead in future will have an extra opportunity to hike with a mentor; look at the activities listings and contact the leader if you'd like to do this. Make-up hikes could also be arranged.

Meeting place will be the usual locations, Tunney's Pasture for Saturday (or Sunday) and Bate Island for Wednesday, at 9:15, for departure at 9:30. Please see the Ottawa activities calendar .

Look for this icon:



Also, watch for updates in the weekly e-notices to the Ottawa Club.

Many thanks to the segment leaders -- Jim Leeson, Tom and Karen Cole, Pauline Daling and Dick Stewart, Margaret and Bryan Parlor, and Ann Lane and Dave Audette -- for all the time and energy they're putting into making this a memorable experience for you.

Saturday, September 24**Carman Lake, Gatineau Park**

Level 2, between 12 and 14 km. From P17 via snowshoe trails 72 and 71 we will hike into Source Lake for lunch. Distance will depend on route. Meet at Tunney's Pasture at 9:15 am. Gas \$4. Leaders: Omar Bello, 613-238-3723, obs0422@gmail.com and Ann Lane

Saturday, September 24**Gatineau Park, Three-Lake Loop**

Level 3, about 7 km. This bushwhack will start from Cregheur Road, go up the escarpment to take in Sky Turtle, Hockey Stick and Osprey lakes, then loop back to descend where we climbed. Lots of climbing and messy areas. Meet at Tunney's Pasture at 9:15 am. Gas \$3. Leader: Roger Bird, 613-232-2262, Rogerbird@primus.ca

Sunday, September 25 Church Hill to Chartrand Lookout, Gatineau Park

Level 2, about 12 km and 500 m of ascent. From Church Hill up the waterfall, along the ridge, past Hay Lake, Wall Street and Times Square to Chartrand Lookout for lunch. Return the same way until Hay Lake, then over to Grandview before returning to the road and down. Meet at Tunney's Pasture at 9:15 am. Gas \$5. Leader: Paul Jean, Paul.jean@rogers.com

Tuesday, September 27**Britannia Village**

Meet at Lincoln Fields Shopping Centre parking lot, Richmond Road side near Pizza Pizza, for departure at 6 pm. Leader: Maureen Dawson, 613-226-3864

Friday, September 30 – Sunday, October 2 Hike Ontario Summit

Come out and learn more about all the hiking groups in the province. Please see details on Pg.2

Saturday, October 1 Jack Pine and Chipmunk Trails, Greenbelt

Level 1.5, about 11 km and 3 hours at a leisurely pace. This hike on NCC trails 26, 25 and 28 starts from P11. Outdoor lunch at the Flood Lime Kiln. Meet at Baseline Park & Ride for a 9:30 am departure. Gas \$2. Leader: Jean Gauthier, 613-422-3997, jrrgauth@teksavvy.com

**Saturday, October 1****Gatineau Park High-Country Challenge, Segment 1****Option A: Steele/Wilson to and along Church Hill Ridge**

Level 2+, about 10 to 12 km, mainly on trail. Highlights include Tomato Hill, Stake and multiple cliff lookouts over the Ottawa Valley from both sides of the Eardley-Masham Road. Meet at Tunney's Pasture no later than 9:15 to depart at 9:30 am. Gas \$5. Leader: Jim Leeson, 613-829-1083, jleeson@bell.net

Option B (extended version):

Steele/Hammond to Church Hill Falls

Level 3, at least 14 km and possibly 16, elevation gain about 1600', approximately 4 km of bushwhacking. This version of the challenge starts more than 4 km to the west of the official challenge start. Our hike will be on trail for 2.5 km until Lac Fairburn, where we'll head off trail for a few kilometers. We plan to explore some new areas on our eastern trek towards the waterfalls near the Church Hill parking lot. Please note that you need to be in very good shape for this long and physically challenging hike because of the sometimes difficult terrain and the pace required to finish before dark. Meet at Tunney's Pasture no later than 9:15 am to depart at 9:30. Gas \$5. Leaders: Tom and Karen Cole, 613-825-4498, tom_cole@rogers.com

Sunday, October 2 Hike and Play in Perth

A hike followed by a matinee play (subject to tickets, \$24 cash only, being available at the door), "Over the River and Through the Woods", at the Studio Theatre in Perth (www.studiotheatreperth.com). Level 2 hike, about 9 km, possibly the Beckwith/Goodwood Marsh trails. Gas \$8. Departs from Baseline Park & Ride at 9 am, back about 5:30 pm.

Leader: John Haley, 613-225-0590

Sunday Oct 2. Accessible Hike - Mer bleue boardwalk.

2 kms. slow pace. From P22, we will explore the Mer bleue Bog Trail via the boardwalk. This hike is designed for people in wheelchairs, those with limited mobility or anyone who enjoys a pleasant walk in beautiful surroundings. Snack at picnic area following. Meet at Tunney's Pasture at 1 p.m. Gas \$3. Leader Kathryn Fournier 613-248-0006

Tuesday, October 4 Rideau Canal Bridge to Bridge

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

Saturday, October 8 Hike Morris Island

Level 1, approx. 8 km. Enjoy hiking two loops around this scenic conservation area on the Ottawa River near Arnprior. Depart at 9:30 am from Baseline Park & Ride. Gas \$5. Leader: Ethel Archard, 613-592-7733, ethel.archard@sympatico.ca

**Saturday, October 8****Gatineau Park High-Country Challenge, Segment 2: Twin Pines to Lusk Falls**

Level 3, about 16 km, mainly on trail, with some bushwhacking possible. Highlights include the Hay Ridge lookouts, Sarcophagus, Yellow Box, Seduction Grove, Stick (aka Ramblers Overlook) and lovely

ponds along the route. Meet at Tunney's Pasture no later than 9:15 am to depart at 9:30. Gas \$5. Leaders: Pauline Daling and Dick Stewart, 613-421 6494, pdaling@rogers.com

**Sunday, October 9
Eastern Gatineau Park**

Level 2. This loop hike of 12.5 km combines some familiar trails with others that are rarely travelled, to bring us back to our starting point in plenty of time for the Thanksgiving turkey or whatever you have planned for the evening! Depart from Tunney's Pasture at 9:30 am. Gas \$2. Leaders: Graham and Lena Creedy, 613-789-1657

**Monday, October 10 Impromptu
Scenic Hike in Gatineau Park**

Level 2+ to 3, distance TBD by the participants. Here's another chance to take in the stunning views and the leaf display. Although I'll have a tentative plan, come with your ideas and a map if you have a route in mind. Meet at Tunney's Pasture no later than 9:15 am to depart at 9:30. Gas \$3 to \$5 depending on route.

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

**Tuesday, October 11 Arboretum,
Rideau Canal and Dow's Lake Loop**

Meet behind "Friends of the Farm building (Bldg. 72)" for departure at 6 pm. When driving south on Prince of Wales, turn left at the roundabout, then turn left again until you come to Bldg. 72. Leader: Hazel Miller, 613-232-6558

**Saturday, October 15 Greenbelt:
Black Rapids to Woodroffe**

Level 1, about 9 km hike from the Blacks Rapids lock station to Woodroffe Avenue and back. Please bring a snack and water and dress appropriately for the weather. Depart Fallowfield Park and Ride at 9:30.

Leader: Sandy Freeman,
sandyjfreeman104@gmail.com
[613 225-2940](tel:6132252940).

**Saturday, October 15 Sentier des
Montagnes Noires, Ripon QC**

Level 2, about 9 km. Hilly terrain. Some steep sections. Hiking boots definitely required. Bring lunch to have at a look-off with great views of the Laurentians in their fall colours. Depart from Tunney's Pasture at 9 am. Gas \$8. Leader: Ron Hunt, 613-298-1626, re.hunt@sympatico.ca



**Saturday, October 15
Gatineau Park High-Country
Challenge, Segment 3:**

**Lusk Falls to the Gangway and
Cregheur Corner**

Level 3, about 9 km, with some off trail and lots of ascent and descent. Highlights include the Blue Box and Pate, the West and South Windows, Balcony, Gallery, Sky Turtle Lake, the Pulpit and numerous cliffside views in between. Meet at Tunney's Pasture no later than 9:15 am to depart at 9:30. Gas \$4. Leaders: Margaret and Bryan Parlor, 613 828-3726, margaret.parlor@sympatico.ca or bp.britannia@gmail.com

**Sunday, October 16 Hike and Play
in Smith's Falls**

A hike followed by a matinee play (subject to tickets, \$20 cash only, being available at the door), "Out of Sight . . . Out of Murder", at the Station Theatre in Smiths Falls (smithsfallstheatre.com). Level 2 hike, about 9 km, to be determined. Gas \$7. Depart from Baseline Park & Ride at 9:30 am, back about 5:15 pm. Leader: John Haley, 613-225-0590

**Tuesday, October 18
Ottawa/Hull Bridge to Bridge
(Portage/Interprovincial)**

Meet at the east parking lot of Library and Archives Canada, 395

Wellington Street, Ottawa, for departure at 6 pm. Leader: Jean Gauthier, 613-422-3997, jrrgauth@teksavvy.com

**Saturday, October 22 Shirley's
Bay, NCC Greenbelt Trail 10**

Level 1, about 7 km at a leisurely pace on flat ground. Start at P2 with lunch at the Shirley's Bay shelter.

Meet at Baseline Park & Ride for a 9:30 am departure. Gas \$2. Leader: Jean Gauthier, 613-422-3997, jrrgauth@teksavvy.com

**Saturday, October 22 Ski-Trail
Hike in Gatineau Park**

Level 2, about 10 to 12 km, moderate pace. Let's have a look at some of the trails we'll be skiing before long. Route TBD but will include a cabin in case it's chilly enough for an indoor lunch. Meet at Tunney's Pasture no later than 9:15 to depart at 9:30 am. Gas \$3 to \$5 depending on route. Leader: Harrienne Rosenes, 613-232-1661, harrienne@gmail.com



**Saturday, October 22
Gatineau Park High-Country
Challenge, Segment 4:**

Cregheur Corner to Hollow Glen

Level 3, 12 to 14 km with a mix of climbing, bushwhacking and very faint trail. Highlights include the Wow and Old Champlain lookouts and waterfalls. Meet at Tunney's Pasture no later than 9:15 am to depart at 9:30. Gas \$4. Leaders: Ann Lane (613-741-3184, e.ann.lane@gmail.com) and Dave Audette

**Sunday, October 23 Adopt-a
Roadway Clean-Up**

Please consider joining us for a few hours to clean up 5.5 km of road allowance along Roger Stevens Drive, southwest of North Gower. We plan to stop in at the Marlborough Pub in North Gower for refreshments/lunch after the clean-

up. Kindly register in advance so that enough equipment can be provided by emailing the leader, Brian LaDuke at yellow.bumper@hotmail.com or calling 613-534-8538 (alternative contact: Denise Hall, 613-843 8222, email rebeccahall@rogers.com).

This event will occur rain or shine, so dress accordingly. If you have your own work gloves and/or picker please bring them along. Meet at the Fallowfield Park & Ride for a 9 am departure. Gas \$5.

Tuesday, October 25 Hog's Back/Vincent Massey Park/Ottawa South

Meet in RA Centre parking lot (near Riverside Drive) for departure at 6 pm. Leader: Kathryn Fournier, 613-248-0006

Saturday, October 29 Rideau Trail: Fallowfield to Bells Corners

Level 1 on marked but uneven trail. About 10 km. Meet at Tunney's Pasture about 9:50 am for a 10 am departure. Bring a lunch and fluids. Gas \$2. Leader: Elizabeth Mason, 613-729-6596



Saturday, October 29 Gatineau Park High-Country Challenge, Segment 5:

Hollow Glen to Old Chelsea

Level 3, 15 to 16 km, with climbing and bushwhacking in the morning and broad trails to finish. We'll end indoors in Old Chelsea so we can wait for the shuttled cars in the warmth! Highlights include the long, cascading Hollow Glen waterfall, which we climb beside to start the hike, and the Beamish Hills. Meet at Tunney's Pasture no later than 9:15 am to depart at 9:30 am. Gas \$3. Leaders: Dave Audette (613-601-2833, dg.audette@sympatico.ca) and Ann Lane

Sunday Oct 30. Accessible Hike - Ottawa River from Tunney's Pasture.

2 kms. Slow pace. From the Tunney's Pasture parking lot, we will explore the Ottawa River on the bike trails. This hike is designed for people in wheelchairs, those with limited mobility or anyone who enjoys a pleasant walk in beautiful surroundings. Stop for snack along the way. Meet at Tunney's Pasture at 1 p.m. Leader: Kathryn Fournier 613-248-0006

Saturday, November 5 Gatineau Park: Meech Lake

Level 2, approx. 8 km. Hike along the lake from O'Brien Beach parking, with a stop at the ruins of the Carbide Mill and lunch near the Capuchin Chapel. Depart at 9:30 am from Tunney's Pasture. Gas \$3. Leader: Ethel Archard, 613-592-7733, ethel.archard@sympatico.ca

Saturday, November 5 Up and Over, Gatineau Park Traverse: Wakefield ↔ Luskville Falls

Level 3+, about 25 km, all on trail; pace 4 km/h or better; minimal breaks. In two parties: one party hikes southbound from P17 (Wakefield). The second party hikes northbound from Luskville Falls. When the groups meet, they exchange car keys and proceed to the end of their routes. Depart Tunney's Pasture at 8:30 am. Gas \$4. Leader: Peter Haggerty, 613-400-9570, Fw599@ncf.ca



DEER HUNTING SEASON STARTS MONDAY, NOVEMBER 7 (see notice, page 25)

Saturday, November 12 South March Highlands

Level 2, about 12 km, moderate pace, all on trail. Wear good boots. Outdoor lunch. Depart from Base-

line Park & Ride at 9:30 am. Gas \$3. Leader: Doug Parsons, 613-843-8222

Sunday, November 13 Nobody's Fault, Gatineau Park

Level 3, about 16 km. Starting at Pilon Road, hike up to Yellow Box and all along Nobody's Fault, then to the Obelisk and Shark Lake for lunch. Continue along Shark Lake to the scenic west end of Two Turtles ponds, then back to Yellow Box and down to Pilon. Depart Tunney's Pasture at 9 am. Gas \$4. Leader: Dave Audette, 613-601-2833, dg.audette@sympatico.ca

Saturday, November 19 Circumnavigate Lac Philippe, Gatineau Park

Level 2, about 13 Km., Starting at P19, hike all around Lac Philippe. Meet at tunney's Pasture at 9:15 a., Gas \$5 Leader: Grace Hyam, dr003@ncf.ca

Sunday, November 20 P13 to Western, Gatineau Park

Level 3, about 14 km. Starting at P13 at Meech Lake, hike up Blanchet trail, descend 150 m on the Gangway, then follow "Ann's trail" to Western and lunch. Return to Blanchet via trails 2, 32 and 38. Total ascent 600 m: double that of Luskville Falls. Meet at Tunney's Pasture at 9:15 am. Gas \$3. Leader: Paul Jean, Paul.jean@rogers.com



Wednesday, November 23 Gatineau Park High-Country Challenge Awards Ceremony

Meet at 3:30 pm at the Royal Oak, 1217 Wellington St. West at Hinton Avenue North, for certificate presentation to those who completed the 2016 challenge. Bring your suggestions for the next challenge!

Saturday, November 26 Trail 66, Gatineau Park

Easy level 2 hike on marked but rough terrain. 8 km, 2 hours. Eat a hearty breakfast and bring a snack. You will be home for lunch. Meet at Tunney's Pasture at 9:20 am for a 9:30 departure. Gas \$2. Leader: Elizabeth Mason, 613-729-6596

Saturday, November 26 Up from Pilon, Gatineau Park

Level 2+, 10 to 12 km. We will climb the escarpment and then spend some time visiting various lakes and ponds via trails and some bush-whacking. Lunch will be outdoors. Meet at Tunney's Pasture shortly after 9 am. for a 9:20 departure. In the event of an early snowfall this hike could become a snowshoe. Gas \$4. Leader: Denise Hall, 613-843 8222, rebeccahall@rogers.com

Saturday, December 3 Gatineau Park, trails 74 and 73

Level 2 snowshoe or hike, about 8.5 km at a leisurely pace with some climbing. Start from P19 on trail 74, have lunch at Renaud cabin, then return to P19 on trail 73. Wear good boots; crampons and/or snowshoes a must if there is snow or ice on the ground. Meet at Tunney's Pasture for a 9:30 am departure. Gas \$4. Leader: Jean Gauthier, 613-422 3997, jrggauth@teksavvy.com

Saturday, December 3 Twin Lakes, Gatineau Park

Level 3, about 13 km. Weather permitting, hike via a surprise route to Twin Lakes. Otherwise urban walk to a pub. Meet at Tunney's Pasture at 9:15 am. Gas \$5. Leader: Dave Audette, 613-601-2833, dg.audette@sympatico.ca

Saturday, December 10 Mystery Destination

Level 3. Hike to a mystery destination with new leader Joe Denes, 613-828-4454

Saturday, December 17 Rideau Trail: Marlborough Forest

Level 2, hike 14 km or snowshoe 8.5 km. Roger's Pond, Earth Start loop or Deliverance cabin. Depart Fallowfield Park & Ride at 9:30 am. Gas \$5. Leader: Doug Parsons, 613-843-8222

Monday, December 26 (Boxing Day) Carman Lake

Level 2, 12 to 14 km. From P17 via snowshoe trails 72 and 71 into Source Lake for lunch. Distance will depend on final route. And weather. Watch for details in the weekly e-notice. Meet at Tunney's Pasture at 9:15 am. Gas \$4. Leader: Omar Bello, 613-238-3723, obs0422@gmail.com

Participants' Responsibilities

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

Levels of Difficulty

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

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

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

2016 Hunting Seasons

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

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

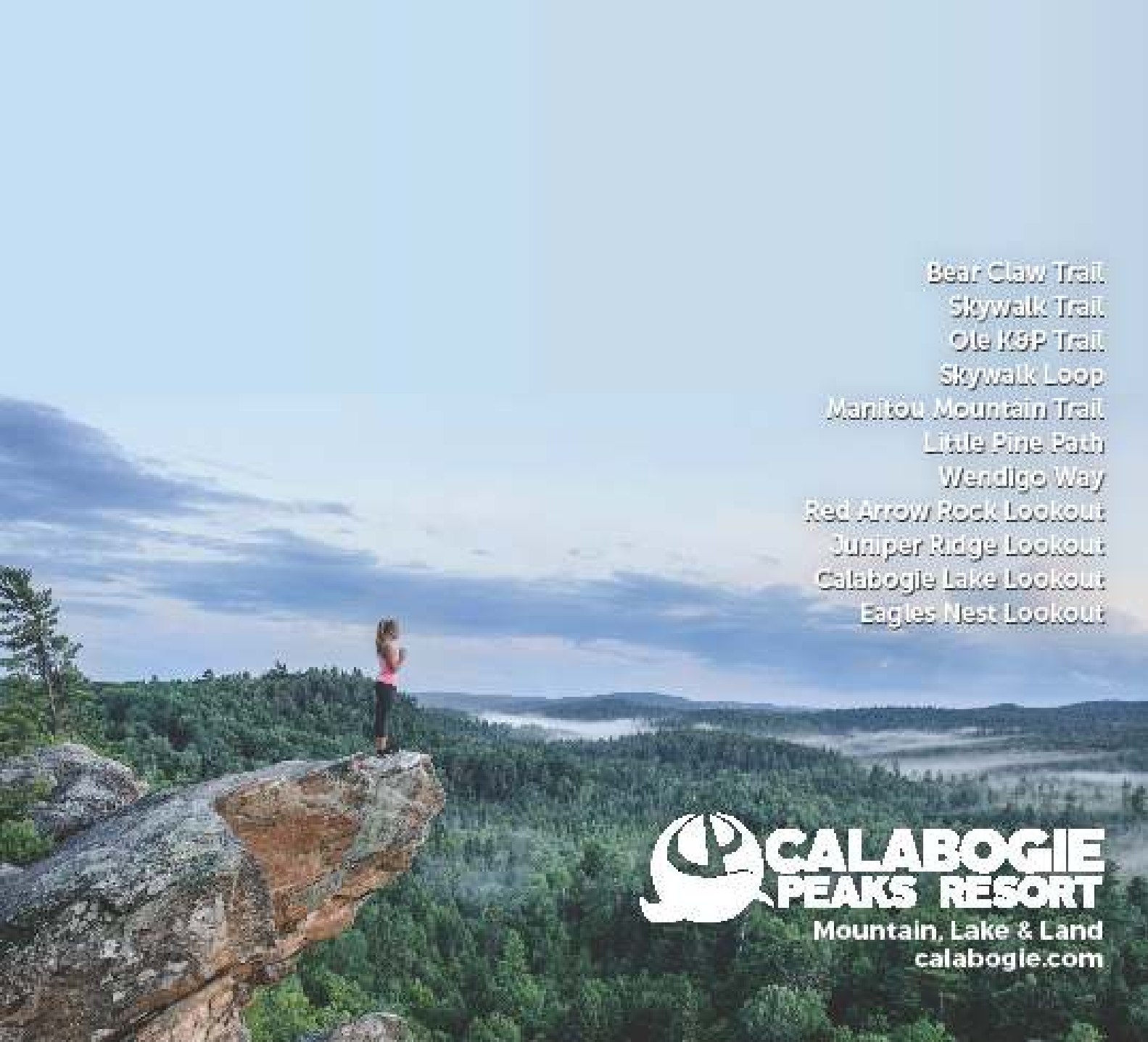
Nov. 07 to Nov. 20 , 2016: Deer hunting with high velocity rifles is permitted for this period in rural and forested areas through which the Rideau Trail runs.

Dec 05 - 12, 2016: Deer hunting using bows or muzzle-loading guns only is permitted. (Bow Hunters also may be permitted at other dates Oct 01 to Dec 31)

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

Additional info:

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



Bear Claw Trail
Skywalk Trail
Ole K&P Trail
Skywalk Loop
Manitou Mountain Trail
Little Pine Path
Wendigo Way
Red Arrow Rock Lookout
Juniper Ridge Lookout
Calabogie Lake Lookout
Eagles Nest Lookout



**CALABOGIE
PEAKS RESORT**
Mountain, Lake & Land
calabogie.com



Join us for the Fall Colour Chairlift Rides

Ride the chairlift to the top of Calabogie Peaks
and explore the Skywalk interpretive hiking loop.

October 1st, 2nd, 8th, 9th, 10th
from 10:00am to 4:00pm

Poets' Pathway Partnership

By Denise Hall

This past June, the Ottawa Rideau Trail Club strengthened its informal partnership with the Poets' Pathway with a series of hikes, culminating in the unveiling of the commemorative park bench in Britannia Park for Bruce Henderson.

The Poets' Pathway is a 45 km walking trail through Ottawa dedicated to Canadian poets, particularly Canada's first famous poets and Confederation Poets. The connection between the Ottawa Club and the Poets' Pathway began in June 2013 with a hike on the Pathway, organized by Bruce Henderson, called the Laura Secord Anniversary Walk.

Audrey Stewart led three walks on the Poets' Pathway in June for the RTA. On the walks we were accompanied by Ben Glossop, poet and musician, and a member of the Poets' Pathway Committee. Along the way, Ben read poetry and filled us in on the historical aspects of the walk.

The last walk on June 26 was timed so that we would arrive at the Britannia Beach Park around 7:15 p.m. in time for the unveiling ceremony for the commemorative park bench in memory of Bruce Henderson. The park bench sits right beside the NCC pathway which is also the route of the Rideau Trail, the Poets' Pathway and the TransCanada Trail.



The plaque on the park bench reads: **"Bruce Henderson, 1950-2015, Avid Hiker and Poet, Rideau Trail Association"**

There were 40 people in attendance at the unveiling ceremony including members of Bruce's family. Presentations were made by Denise Hall, Ben Glossop and Bruce's brother Donald Henderson.

Poetry written in memory of Bruce was read during the ceremony by Ron Hunt, Ben Glossop, Audrey Stewart, Donald Henderson, Joan Evans and Maureen Dawson.

I would like to say a great big "thank you" to the generous donors who supported this project. Since the end of January, \$6,000 has been donated to the

Rideau Trail Association to fund this project – more than double what was needed to purchase and install the memorial park bench. The RTA Board of Directors will be having a special discussion later this year to determine an appropriate way to allocate the surplus donations.



Organizing committee members L-R: : Maureen Dawson, Audrey Stewart, Joan Evans and Ron Hunt. (Photo: Ron Hunt)

I would also like to thank the members of the organizing committee for their inspired leadership and efficiency in making the Britannia Park Bench project happen: thank you Audrey Stewart, Joan Evans, Maureen Dawson and Ron Hunt.

"This Bench" by Ron Hunt

This bench is a place to pause,
While pondering life and the mysteries of the universe.
It is also a place to be reminded about
What Bruce did to inspire us and make us laugh.

It is a place to pray for peace and give thanks.
Perhaps you would be inspired to write some poetry,
As the cyclists, walkers and hikers go by
Oblivious to your thoughts and your memories of Bruce.

May it also be a place where folks who did not know Bruce
Will take a break from their individual journey on the path-
way,

And perhaps contemplate, be mindful of the Rideau Trail and
Know that Bruce was a special and much-loved man.

"Bruce's Bench" by Joan Evans

As you stop and rest on this special bench
Take a moment to think of Bruce.
How he loved to hike along this path
And scold a Canada Goose.

This beautiful place reminds us of him;
How he loved to look at the view.
We hope you'll come by here often
And enjoy the scenery too.



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



EARLY MORNING HIKING ON A FALL DAY Could it get any nicer?



Photo: Miu Lam

Inside this Issue:

New: Lift- out Middle Pages with:

Membership Renewal and Order Form	13
Winter Getaway Weekend Application	16
AGM Highlights and Awards	14

KINGSTON ACTIVITIES	9
CENTRAL ACTIVITIES	17
OTTAWA ACTIVITIES	20

Settlers' Trek	4
Bruce Trail E2E	6
Donors and New Members	6 & 13
Winter E2E	7
2016 Outstanding Service Awards	8
Gatineau High Country Challenge	21
Poets' Pathway	27
Hunting Season	25
Participant Responsibilities	25
Levels of Difficulty	25