



Rideau Trail

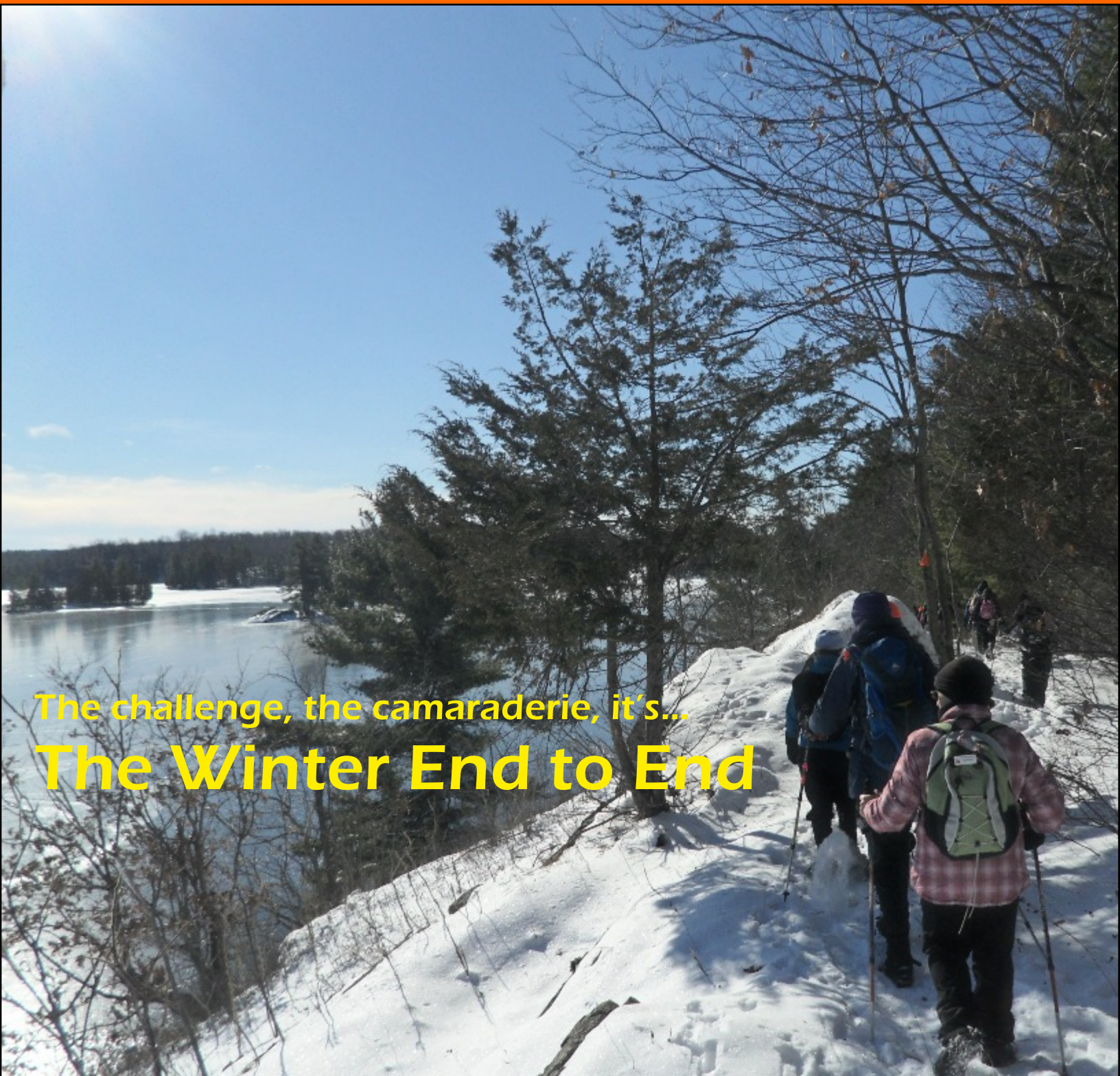
NEWSLETTER

Winter 2016-17

Issue No. 182

The challenge, the camaraderie, it's...

The Winter End to End



Visiting Hikers Complete End-to-End

BY MARY ROBINSON AND BILL OTTNEY

In May 2016, a group of Hamilton-area hikers led by Richard Reble of the Bruce Trail Iroquoia Club, commenced an End-to-End journey along the Rideau Trail. (The Bruce Trail provides the only continuous public access to the Niagara Escarpment, from Niagara to Tobermory.) They planned to hike the Trail in a monthly series of 4-day hikes.



The Central Club had a very special surprise in store for our visitors when they reached Conlon Farm - an ice cold watermelon for a group of parched hikers.

In July, Gunhild Karius and I hosted a barbecue for Richard and 13 other hungry Iroquoia Club hikers. Richard and his group had almost reached Perth.

Our local RTA members from Central and Kingston clubs collaborated on a plan to welcome the visiting hikers to historic Perth.

"...THE FINAL 15 KM SECTION IS ONE OF THE BEST URBAN HIKES ANYWHERE."

RICHARD REBLE,
BRUCE TRAIL HIKE LEADER

In October, they finished their end to end adventure. With Sunday's hike starting at Andrew Haydon Park in glorious Fall weather, Richard commented that the final 15 km section is one of the best urban hikes anywhere.

Members of the Rideau Trail have thoroughly enjoyed hiking with this group, providing car shuttles, and even helping hikers make up missed sections. Richard wrote that, "Especially in the Central section, the hospitality and advance maintenance provided by club volunteers has made our end-to-end a worthwhile project. Thank you, Central, for enhancing our experience of this beautiful part of Ontario. We'll be sure to promote the Rideau Trail to Bruce Trail members."



Champagne celebration

The Rideau Trail Association is proud to have been able to welcome Richard Reble and his friendly group. It was our pleasure to hike and socialize with them.



Sun Shines on Linda's Trails

BY JACK TANNETT

It poured rain on our hike, October 8. Yet the event was a complete success. Not only did we hike on the magnificent Linda's Loop trails, but Linda Sterling was with us!

Linda has been coming to Crotch Lake since she was a child, but it was in the late 1990's that she began to build a series of trails beside the lake. Her husband Bruce crafted some wonderful signs. For years they have maintained the trails. They regularly welcome RTA hiking groups to the area, inviting them to their large, comfortable home built on a

spectacular pine-clad peninsula with grand views up the lake. A small, curving sandy beach links the peninsula with the access trail. There is no road.

The morning drowned us, so we were only too glad to accept the kind



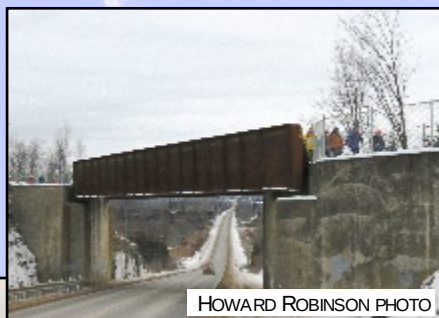
Jack poses between Linda and Bruce
HOWARD ROBINSON PHOTO

invitation of Bruce and Linda to bring our sandwich lunches inside. A dryer was offered for wet clothing, and we quickly recovered in the luxury of this unexpected refuge.

The sun came out and after lunch, Linda and Bruce led us up the trail to the beautiful look-out point - a grand opportunity for some photographs of the hikers with our kind hosts. Our day had been transformed from a silent, wet trudge through the dripping forest to an animated group of friends strolling down a path of multi-coloured leaves.

We had scored an unexpected success today, and had the privilege of sharing these wonderful trails with their creators. What more could one want?

<http://www.northfrontenacparklands.com/>



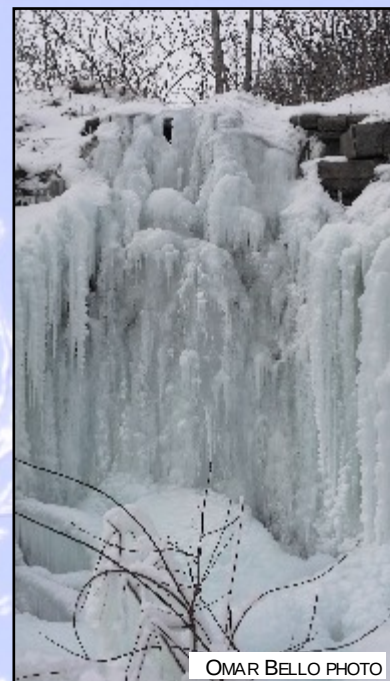
HOWARD ROBINSON PHOTO

Road Walking



DAN BOULAY PHOTO

Trina, ready to start from Kingston



OMAR BELLO PHOTO

Ice cascade on the Cataraqui/Rideau (shared) Trail



STEPHEN KELLY PHOTO

Audrey and John ready to lead the way



DAN BOULAY PHOTO

Dan Boulay (L), ready for Wet Winter Weather

Fashion Statement

Explore the Trail in Winter



HOWARD ROBINSON PHOTO

Off-Road

Winter End to End 2017

Winter end-to-end 2017 is gearing up! Our dates:



January 7, 8, 21 and 22;
February 10 (night hike), and
February 11, 12, 25 and 26.



There will be two groups this winter: 10 -14 km per day, or 15 - 19 km per day. The first day for both will begin near Westport, and move towards Ottawa. We need to know you are coming, and which group you plan to join, so we can provide the meeting points. Be prepared for winter weather and get your snowshoes out!

Contact any of us for information (transportation, challenges, preparation, etc.). When you have decided, let Audrey know and she will add you to the correct circulation list.

John Morrison (Kingston) sail-ability@sympatico.ca
613-530-4876

Carol Seal (Ottawa) carol.seal.613@gmail.com
613-291-7547

Audrey Stewart (Ottawa) audrey.j.stewart@gmail.com home
613-722-9641, mobile 613-898-9641



DAN BOULAY PHOTO

Style meets Stile

COVER: WINTER SCENERY ON 2016 END TO END, DAVID MCNICOLL

Pat Batchelor (left) and Sandy Freeman relax at workshop after months of Summit preparations
HOWARD ROBINSON PHOTO



Susan Code and her Perth History workshop
HOWARD ROBINSON PHOTOS



Thank you, Rideau Trail

Hike Ontario President Tom Friesen, far right, addresses a leader's workshop. Read his comments about the 'Summit' on page 5. HOWARD ROBINSON PHOTO



Hikers from the Bruce Trail joined by RTA members
BILL OTTNEY; STORY, PAGE 2



Doug and Mike Knapp, First Family of the RTA
HOWARD ROBINSON PHOTO



Congratulations, Jim Middleton and Carol Kerfoot! Jim did all 23 "Meet in the Middle" E2E hikes, from March to September of this year. The project qualified both for E2E badges. What an accomplishment! Best things: Big Rideau Lake area, and the pleasure of hiking with all three clubs.

BY CAROL SEAL, OTTAWA CLUB

Meet you in the Middle

That was the theme of this season's End-to-End series of hikes, organized by all three RTA Clubs. As the pictures show, people came from many places to meet in Perth at the Hike Ontario Annual Summit.

Workshop



Emergency fire? Check.
Marshmallows? Of course!

HOWARD ROBINSON PHOTO



Carole and Chris came from the Voyageur Hiking Trail near Sault Ste. Marie

HOWARD ROBINSON PHOTO

Silent Auction Winner

Judy Kwasnica enjoys sightseeing flight donated by Martin Elder.

PHOTO: MARTIN ELDER.CA



Thank you Rideau Trail

Hike Ontario Summit Report
BY TOM FRIESEN (PRESIDENT, HIKE ONTARIO)

Over 80 participants enjoyed the Hike Ontario Summit in Perth, Ontario from September 30 to October 2. We celebrated the 45th Anniversary of the Rideau Trail (RTA) and the 200th Anniversary of Perth itself. The Summit gave us the chance to interact, share information and recognize Volunteer Service through a Pub night, the Annual Meeting and Summit presentations, workshops, historical hikes, and dinner with Award Presentations.

The main site of the Summit was the Links O'Tay, Canada's oldest golf course. We featured the town of Perth in the historical hike and for the afternoon workshops at McMartin House and Last Duel Park. Thanks are due to David Batchelor for his A.V. help, Pat Batchelor for selling T-shirts, volunteers Rosemary Lay and Josie Roberts for McMartin House set up, the staff at the golf course venue and all the attendees.

An active, hardworking committee composed of Jack Tannett, Liz Choros, Sandy Freeman, Gill Hyland, Sharen Yaworski and Paul Galipeau planned effectively to hire the venues, create a program, register participants and bring the days of information, interaction and celebration to all who attended. We appreciated Ron Hunt's leadership in emceeing the program that included Ron Knight from the Trout Hollow Trail, and RTA founder Doug Knapp.

I was delighted by the quality of the speakers and positive comments that people made about the sessions they attended, including the historical hike through Perth led by Susan Code. To bring that expertise and dedication from across the province is inspirational. We will shortly post some of the presentation materials on the Hike Ontario website. Our annual report is also available at <http://hikeontario.com/>.

Member Services

(Who gets your question?)

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

Address Changes / 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 the appropriate club contact.

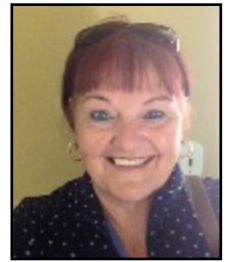
Getting Involved

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

Hike Ontario Summit Report

BY SHAREN YAWORSKI

I would like to thank all those not mentioned in Tom's Report , as it takes many hands to make a successful event. Thanks to Howard Robinson for his photography which we will see in this newsletter. Also kudos to Stacey and other staff at the Golf Club, as they were so helpful to meeting our needs over the entire weekend.



Throughout this process it was a great experience working with the committee and with Tom, who was a great facilitator. He has such a positive attitude, it was not difficult to share his enthusiasm.

This was a great opportunity for RTA to highlight our great trail to other hikers and hiking clubs in Ontario. There were at least 15 Ontario clubs represented in the numbers that Tom quoted. Those RTA people who came, know what a great networking event this was. I especially want to thank the Central club who represented us well and volunteered freely to make this a success. A special thanks to Jack and Gill from Perth who did the local organizing of people and hiking events.

Sharen Yaworski is chair of the RTA Kingston Club and the RTA representative to Hike Ontario.

Badge Request Contacts



Entire End to End
(Winter or otherwise)
lizchoros@gmail.com
Liz Choros, RTA Secretary



Central Section
ndgaud@gmail.com
Nancy Gaudreau, Central Club Secretary



Kingston Section
wottney@cogeco.ca
Bill Ottney, RTA Rep. For Kingston Club



Ottawa Section
dawncarrick@sympatico.ca
Dawn Carrick, Ottawa Club Secretary



P.O. Box 15 Kingston ON K7L 4V6
www.rideautrail.org

Telephone:

RTA and Kingston: (613) 545-0823
Central: (613) 267-5756
Ottawa: (613) 860-2225

Electronic Mail: info@rideautrail.org

Webmaster: web@rideautrail.org

E-Letter: e-letter@rideautrail.org

(Send updates by 25th of the month.)

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

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

© 2016 Rideau Trail Association
ISSN 0709-7085



Board of Directors

President: Lars Thompson
(613) 389-8747 thorlarsen@cogeco.ca
Past President: Robert Groves, Lanark
(613) 259-3175 john.robert.groves@gmail.com
Vice President: Denise Hall, Ottawa
(613) 843-8222 rebeccahall@rogers.com
Secretary: Liz Choros, Nepean
(613) 224-9064 lizchoros@gmail.com
Treasurer: Lorraine Farkas, Ottawa
(613) 729-3660 lorraine.farkas@sympatico.ca
Membership Director: Sheila Menard, Kingston
(613) 544-3110 sushe@sympatico.ca
Trail Coordinator: Jim Lorimer, Kingston
(613) 373-2847 lorimerjd@gmail.com
Marketing/Communications: Paul Galipeau, Ottawa
(613) 255-8760 pgalipeau@gmail.com

Club Chairpersons:

Central: Gill Hyland, Perth
(613) 267-5756 ghyland2@cogeco.ca
Kingston: Sharen Yaworski, Kingston
(613) 544-6022 sharenann@gmail.com
Ottawa: Denise Hall, Ottawa
(613) 843-8222 rebeccahall@rogers.com

Club Representatives:

Central: Jack Tannett, Perth
(613) 466-0417 jtannett@cogeco.ca
Kingston: Bill Ottney, Smiths Falls
(613) 283-8985 wottney@cogeco.ca
Ottawa: Brian Grant, Ottawa
(613) 225-8770 brian_grant@sympatico.ca

Newsletter Editors:

Kingston: John Cornish, Gananoque
(613) 382-4778 cornish@kos.net
Ottawa: Steve Kelly, Ottawa
(613) 422-1318 stkelly@rogers.com

Spring Newsletter: **Deadline February 1, 2017**

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

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

Inside Winter

EDITED BY STEVE KELLY, OTTAWA

Sun Shines on Linda's Trails	2	Participant Responsibilities and Levels of Difficulty	11	Advertisers	
Visiting Hikers Complete End-to-End	2	Central Meets Frontenac Challenge	11	OK Cycle and Adventure Tours	11
Winter End to End	3	The Camino with Walkers' World	12	Brown Rabbit Cabins	12
Hike Ontario Summit Report	4	Forest Medicine	14	Calabogie Peaks Resort	13
Member Services	5	In Memoriam	14	Comfortable Hiking Holidays	16
Association News	7	Donations and Membership Application	15	Skyline Hikers of the Canadian Rockies	24
Landowner News	7	Kingston Club Activities	17		
Central Club	8	Ottawa Club Activities	19		
Kingston Club	8	Hooked on Utah- A Hiker's Primer	24		
Ottawa Club	8	Emerald Isle	26		
Welcome New Members	8	Pukaskwa Coastal Hiking Trail	27		
Central Club Activities	9	My Favourite Place	28		

Association News

Highlights of RTA Board Meeting

McMartin House, Perth, October 22, 2016

BY DENISE HALL, VICE PRESIDENT

President: Lars Thompson reported that he was at the Hike Ontario Summit where he had the pleasure to honor **Doug Knapp** and his wife. An educational fund in Doug's name will be instituted on behalf of the Rideau Trail Association to commemorate his significant contribution to the RTA.

Treasurer: Lorraine Farkas presented a financial report for the six months ending September 30, 2016. We are in good shape. Due to additional funds required by our Marketing and Communications Director, Paul Galipeau, a motion was put forward and carried by the Board to add \$500.00 for use in this area. A discussion about where to allocate the excess funds of \$2,624.00 from the Britannia Park Bench project ensued. The money will be added to the Preservation Fund. The RTA will donate \$1,000.00 to Hike Ontario. The Silent Auction covered our expenses for the HO Summit, and hosting the event elevated our profile among Ontario hiking clubs.

Membership Report (Sheila Menard): Our current membership stands at 983 (830 annual members and 153 Life members). Annual memberships are up from last year's total of 717. Kingston and Ottawa Clubs have shown the most growth.

Marketing & Communications (Paul Galipeau): The Great Escape Outfitters in Ottawa now offers RTA members a 10% discount. Facebook promotion of the Hike Ontario Summit proved to be impressive with trackable results. Paul recommends spending the \$40 on 2-week Facebook ads for future promotions. Paul recommended that we should do an online member survey early in 2017. He has revised the Webmaster job description. This position is still vacant. **Ruth Oswald** has volunteered to be the E-letter editor. Paul is in the process of reviewing and possibly updating the RTA mission statement. He will present to the Board in January so that it can be offered to the Annual General

Meeting. Paul is still in the process of developing an RTA communications strategy.

Trail Routing, Securement and Maintenance: Jim Lorimer reported that there are two reroutes in the Ottawa section. One is on map 13 which was done to direct the Rideau Trail to drier ground on a landowner's property. The other is on map 19. The main Rideau Trail will continue on the bike path past Mud Lake. **Mike Beaupré**, the Ottawa Club Maintenance Coordinator, is working with the NCC on a proposal to extend the "blue trail" so that it will go right around Mud Lake.

Central Club Routes and Negotiations Coordinator **David Allcock** recommended that the parking area at the junction of McLaren Point Rd. and Stanley Rd. (map 10) be moved 100 meters along McLaren Rd. There is a township bylaw regarding parking too close to an intersection, David contacted the landowners at the location and received permission to park on the verge of their property. **John Haley** has amended the map 10 descriptive text.

Landowner News

The Rideau Trail would not exist without the generosity and cooperation of the people whose land we traverse.



Sadly, we learned that **Patricia Nolan**, one of the stalwart landowners in the Central Rideau Trail unexpectedly passed away this summer. Patricia ran the Cedar Rock Stables at the end of Rathwell Road. She was a driving force behind the Lanark County Therapeutic Riding Program. It has helped dozens of special needs children over the years, and it will continue, as a lasting legacy for Patricia.

The Nolans have always been firm supporters of the Rideau Trail. Patricia's eldest daughter, Wendy Nolan said they would be pleased to have us continue to use their property, for the Trail.

Patricia will be sadly missed, especially by her three daughters Wendy, Tracy and Crystal. We wish them all the best for the future.

DAVID ALLCOCK

A birthday surprise was placed for all to enjoy, in honour of landowner and long-time friend of the Rideau Trail, **Peter Timan**. SEE PETER'S PERCH, BACK COVER

Near Westport on the North Shore Road, landowner **Dr. Dov Vinograd** suggested a reroute. In fact, he did most of the work to create the new path. Thank you. JIM LORIMER

Does your membership expire in 2017?

Check the address label or the date at the end of the E-Letter.

Now that you've checked it,
why not renew?

In the Kingston section the RT has been rerouted at Point 08A (map 8). This reroute was at the request of the landowner to give him more privacy. The reroute now crosses the western edge of the property through a forested area before joining North Shore Rd.

All Club Maintenance Coordinators report that despite the drought conditions experienced over this past summer, wild parsnip has expanded its range and is now growing on more areas of the Rideau Trail.

Newsletter: John Cornish has resigned as Kingston Newsletter Editor, effective October, 2017. This will mark the end of his 8th year as editor as well as about 14 years on the Kingston Executive and the Board. John will continue to work with Steve Kelly, Ottawa Newsletter Editor, and Paul Galipeau et al. over the next year on continuing to develop our communications, and to working with his successor. Steve Kelly proposed adjusting our rates for Newsletter advertisements using the Ontario Consumer Price index, in time for the Spring Newsletter. The Board agreed.

Club Reports

Ottawa: Denise Hall reported that several activities to promote our Club and the Rideau Trail happened over the summer. Ottawa RTA members, **Theresa Quenneville, Jim Fox** and **Nigel Brereton** manned a booth during Colonel By Day on August 1st. On

August 29th RTA members, **Ethel Archard** and **Sandy Freeman**, were interviewed by Rogers on their Daytime Ottawa Show. This was a 6-7 minute interview which covered the basics of hiking and talked about the RTA. **Ron Hunt** and **Ruth Oswald** ran another successful "Introduction to Hiking Course" at the Nepean Sportsplex on September 24th. It was attended by 16 people. Our "Summer End to End" hikes ran well despite the heat. On Oct. 6th we ran a Leaders Planning Meeting in the Community Room at MEC for the winter schedule. At the start of the meeting **Roy Teer**, a paramedic, gave presentation on frostbite and hypothermia. Tick keys from the Health Department were distributed to leaders who wanted them. The Ottawa AGM has been booked at the St. Thomas the Apostle Anglican Church for Friday, April 21, 2017. A group discount for the RTA was registered with Demsis for ski, snowshoe and bike passes for Gatineau Park over the winter. Our members will get a 15% discount if they purchase them online by November 15th.

Central: Jack Tannett presented the report. He and other members of Central greeted a group of Bruce Trail hikers as they hiked through the Central section last August. Following a successful anniversary potluck at Rideau Ferry, the Central Club will be holding another event in November to allow members of all

levels to mingle and take part in the club's events. The Hike Ontario summit was held in Perth the last weekend of September and was well attended, informative, and fun. **Jack Tannett received the Hike Ontario Volunteer of the Year award** at the dinner on the Saturday evening. (You deserve it, Jack!) One of Central's long standing landowners was tragically killed this past August. **David Allcock** delivered a card of condolences and donation on behalf of the RTA.

Kingston Club Report: Sharen Yaworski reported that **Linda Line**, Special Events Director for Kingston, has bookings for a number of social events, beginning with a Christmas Party on Saturday, December 10. The Kingston AGM is scheduled for April 26, 2017. Hike planning is done online under the guidance of **Peter Burbidge**. This has proved to be a very effective tool for Kingston. Peter is planning a Hike Leader Potluck this November to review best practices with hike leaders. The Marshlands project is now in progress under the guidance of **Jim Lorimer** and **Stan Huff**. The RTA has applied for a \$40,000 funding request to replace boardwalks in the Marshlands Conservation Area with the Cataraqui Region Conservation Authority. Kingston Club has been discussing what interesting hikes/activities could be initiated for Canada's 150 birthday events and has challenged Central and Ottawa Clubs to do something special as well.

Central Club

Ann Carroll
Tobi Kiesewalter
Bryan & Carol Linington
Catherine Konopelky & Earl Steinbrecher
Mark Beninger & Susan Storie
Bert & Pat Stranberg

Kingston Club

Ariane Asselin
Mariann Bromfield
Colleen Clarke
David James
Namsoo Lee
Marlene Lefebvre
John Manning

Welcome New Members

Susan & Ian McCulloch
Wendy Mitchell
Nancy Mucklow
Beth Orr
Ellie Paquin
Jiawei Cao & Lijing Quan
Mara Reeve
Bill Robertson
Jeanne Stegeman
Pamela Welbourn
Nova Zhao

Non-affiliated

Paul Gelinas

Art Johnston
Rachel Hartviksen & Andrew Nguyen
Kellie & John Pringle
Susan Routliffe

Ottawa Club

Wilma Allan
Marion Allan
Pamela Bradley
Carol Breen
Helene Brunette
Francine Burdick
Yusuo Chang
Kevin Chapman
Barbara Davignon

(CONTINUED PAGE 23)

CENTRAL CLUB ACTIVITIES - WINTER 2016-2017

WHAT TO BRING

Bring lunch, water and strong footwear. Be sure to carry your health card, ID, emergency phone numbers and if necessary a list of medications you take. 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 11).

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.

Hike Ontario Volunteer of the Year:

Jack Tannett!

Club-RTA-Perth 200-Hike Ontario

Wednesday Wanderers - These are shorter, leisurely hike/snowshoe outings for those who want a mid-week stretch. Details are sent out each Monday by email. Contact: **Margaret Lafrance** mllafrance3@cogeco.ca or **Pat Batchelor** patbatchelor13@gmail.com 613-264-1559

Activities Calendar

Friday, December 2 Carol Sing, Spy Rock at Foley Mountain

Level 1 1.4 km, 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 5:45 pm or meet at the park gates at 6:15 pm. Parking is limited so please carpool if you can. Gas \$3. Leader: David Allcock 613 706 3562 daveonottylake@gmail.com

Sunday December 4 Rideau Trail, Mackler/Ferrier Loop

Level 2 10 km, moderate pace. Enjoy the woods and fields, the boardwalk and the scenic country roads. Gas \$2 Depart 9:30 am. 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 on Foster Street in Perth at 5:30 pm. 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 10 am. Gas \$3 leader: Janet Conboy janeyboy@gmail.com 613 326 1438



Saturday, January 7 and Sunday, January 8 Winter E2E
Details on page 3.

Sunday, January 8 Rideau Trail, Marlborough Forest

Level 1 moderate pace, 6-8 km. Winter is the perfect time to explore this part of the Rideau Trail. Bring your snowshoes/icers depending on conditions. We'll trek from Roger Stevens Drive out and back. Gas \$4, depart Conlon Farm 9:30 am. Leader: Brenda Ethier 613 464 8746 brendaethier@ripnet.com

Sunday, January 15 Mill Pond Conservation Area

Level 1 moderate pace 7 km. Hike or snowshoe on woodland trails through this scenic conservation area just a short drive from Perth. Gas \$2 Depart Conlon Farm 9:30 am. Leader: Tom Pearcey 613 284 1294 tom.pearcey@yahoo.ca

Wednesday, January 18

***** Hike Leaders' Planning *****

Please bring ideas for the spring schedule to the Batchelor's home at 7 p.m. Contact Pat if you are unable to make it. Patbatchelor13@gmail.com 613 264 1559



Saturday, January 21 and Sunday, January 22 Winter E2E Details on page 3.

Saturday, January 21 Murphy's Point Park

Level 2 moderate pace, 10 km Cross country ski along the groomed trails in our favourite provincial park. Gas \$2 Park fee. Depart Conlon Farm 9:30 am. Leader: Nancy Gaudreau ndgaud@gmail.com 613 390 9532

Saturday, January 28 Foley Mountain

Level 2 moderate pace, 5-8 km. Explore this beautiful conservation area on snowshoes, distance dependent on conditions. Gas \$3 Park fee. Depart Conlon Farm 9:30 am. Leader: Jack Tannett 613 466 0417 jtannett@cogeco.ca

Saturday, February 4 Peder & Maida's Place

Level 1-2 moderate pace, 4-5 km. You have the choice to ski with Peder or snowshoe with Maida around their own backyard with frontage on both the Mississippi and Clyde Rivers. Gas \$2. Depart Conlon Farm 9:30 am. Leaders: Peder Krogh and Maida Murray pederkrogh5@gmail.com 613 456 6085



Friday, February 10 Moonlight Hike

Details on page 3.



Saturday, February 11 and Sunday, February 12 Winter End to End

Details on page 3.

Saturday February 11 Rideau Trail Narrows Lock to Miners Point Road

Level 2 moderate pace 10 km. Enjoy a snowshoe ramble through the woods and along a winding country lane with views over Big Rideau Lake. Depending on conditions icers might be helpful. Car shuttle. Gas \$3. Depart Conlon Farm 9:30 am. Leader: David Batchelor dlhbatchelor@gmail.com 613 264 1559

Sunday, February 19 Rail Trail Brooke Valley

Level 1 moderate pace 6-8 km Enjoy a cross-country ski out and back along the rail trail. Gas \$3. Depart Conlon Farm 9:30 am. Leader: Gill Hyland ghyland2@cogeco.ca 613 267 5756

Rideau Trail Closed
Tuesday, March 14, 2017
Please stay off the Trail this day.



Saturday, February 25 and Sunday, February 26 Winter End to End

Details on page 3.

Saturday, February 25 Brooke Valley

Level 1 moderate pace, 6-8 km. Come and explore a section of Crown Land near Brooke Valley on snowshoes. Gas \$3. Depart Conlon Farm 9:30 am. Leader: Janet Conboy janeyboy@gmail.com 613 326 1438

Sunday, March 5 Foley Mountain

Level 2 moderate pace, 8-10 km. Snowshoe/hike along a variety of scenic trails through the conservation area. Park fee. Gas \$3. Depart Conlon Farm 9:30 am. Leader: Tom Pearcey tom.pearcey@yahoo.ca 613 284 1294

Saturday, March 11 Goodwood/Beckwith Trails

Level 1 moderate pace, 6-8 km. Snowshoe/hike along forested trails and beside open fields on the outskirts of Carleton Place. Gas \$4. Depart Conlon Farm 9:30 am. Leader: Yvonne Kennedy yvnkennedy@gmail.com 613 267 9817

Sunday, March 19 Manitou Mountain Trail, Calabogie

Note early departure time

Level 3 moderate pace, 10 km. Snowshoe/hike (possibly with icers) up the mountain from the Calabogie Peaks Resort to the heights of the Manitou Mountain trail network. Travel through pine forests and wilderness scenery with spectacular mountain vistas and back down to the resort for refreshments. Gas \$6. Depart Conlon Farm 9:00 a.m. Leaders: Howard and Mary Robinson 613 256 0817 hmrob@storm.ca

Saturday, March 25 Morris Island

Note early departure time

Level 1 moderate pace, 8 km. Morris Island, near Fitzroy Harbour is a conservation area managed by the Mississippi Valley Conservation Authority. It boasts ancient, majestic trees and shoreline landscapes reminiscent of the Group of Seven paintings. Gas \$6 Park fee. Depart Conlon Farm 9:00 am. Leader: Janet Conboy 613 326 1438 janeyboy@gmail.com

28th Annual Winter Get-Away Weekend

Ste. Adèle Jan. 27-29, 2017

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

Info/registration: Bob Schofield (613) 876-3738

Central Meets Frontenac Challenge

by Mary Robinson

The Frontenac Challenge involves hiking 11 specified loops within Frontenac Park during September and October for a total distance of approximately 135 km. Ten Central Club hikers completed the 2016 series. Congratulations! One of our members opted to complete the Frontenac Trek, which involved hiking six loops, excluding the two shortest trails. Not all hikers who joined these Central club outings were going for the Challenge or Trek, so we had up to 17 hikers at any one time enjoying the wilderness wonders of Frontenac Park.

A special thanks goes to **David Batchelor** for organizing and leading



David Batchelor
Anna Cornel
Nancy Gaudreau
Jim Middleton
Howard Robinson

some hikes, and to **Nancy Gaudreau** who did the lion's share of leading, even doing extra hikes to make sure we all achieved our goal successfully. While there were many reasons we took the Challenge: improving our fitness level, enjoying the magnificent fall colours and the camaraderie of hiking with friends, testing our strength and perseverance on the more arduous hikes, or simply receiving a badge and certificate at the end of it all, I am sure we are all glad we did it. We all have our favourite memories and some of us are now hooked and will be back next year!

Mary Robinson
Edwina Schneiderman
Bert Stranberg
Pat Stranberg (Trek)
Jack Tannett



Face to Face

Sorry, we would have asked you this directly, but we don't know who you are. We know you enjoy walking in the forest, enjoying the fresh air and sounds of nature. We know you like the club you joined, and we think you'd like to help out a little bit. Sounds like you, doesn't it?

We'd like to ask you, so... We're looking for a few people to walk a short portion of the Trail, once in a while. Bring along clippers to cut away the new growth so fellow hikers can see the trail markers. That's what Trail Maintainers do. Two or three times a year does it; go when it suits you. Interested? Check with anyone on a Club Executive. It's a little bit of exercise, but the best part is the feeling of satisfaction that results from lending a hand.



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995



- 🚲 Over 500 Tours Available Worldwide
- 🚲 International Cycle Tour Partner
- 🚲 Guided/Self-Guided
- 🚲 International Boat/Bike Partner
- 🚲 Ottawa to Kennebunkport, Maine (Atlantic Ocean)
- 🚲 International Hiking Tour Partner

**FOLLOW YOUR DREAMS,
AND SEE THE WORLD!**

www.okcycletours.com

OK Cycle & Adventure Tours
1337B Wellington Ave., Ottawa, ON K1Y 3B8

TICO Ontario Registration No: 50022848



Participant Responsibilities and Levels of Difficulty for Rideau Trail Club Activities

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

Hiking/Snowshoeing

Level 1: Well-defined trails; gentle inclines.

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

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

Cross-Country Skiing

Level 0: Easy, slow, short

Level 1: Easy. Small hills; wide trails.

Level 2: Intermediate. Narrower, steeper trails.

Level 3: Expert. Steep, narrow trails and/or bushwhacking.

Want to enjoy the most scenic 200 km of the Camino de Santiago without the hostels, heavy backpack and long days?

Four Thames Valley members did just that in May 2016.

Louise and Bob Gordon, Dorothy Lamond and I booked a 2 week holiday with Walkers' World. We flew to Bilbao, Spain and enjoyed walking around the medieval city centre and views of the river and the Guggenheim Museum. We were met the following day at our hotel by our three Spanish-speaking hiking guides and the other 15 participants.

Each day we stayed in 4 star hotels with breakfasts, picnic lunches and dinners included. We had the option of walking 12 - 17 km per day or less with bus backup. There was a fast group "Sportif" and the slower group "Picturesque". Free days were built into the program with walking tours of Burgos, Leon and Santiago.

The Camino is sometimes a paved road or a gravel path. Woodland trails were beautiful with ferns and oak trees. Wild flowers and poppies dotted the

The Camino with Walkers' World

BY: JUDY KWASNICA

fields of wheat and canola. Beautiful blue skies and fluffy cumulous clouds greeted us each day on our hikes. The historic towns had cobblestoned streets and quaint cafes for bio breaks.

We started on the French/Spanish border at the walled city of St. Jean-Pied-de-Port. We spent two nights in Roncesvalles in a tranquil mountain setting. We toured the castle of Olite, walked the streets of Pamplona and crossed the medieval stone bridge at Puente La Reina. We slept in a 400 year old monastery at San Millan and enjoyed a free day in Burgos.

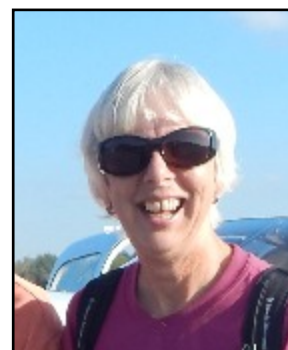
Picnics, Knights Templar sites, chocolate shops in Astorga and small Spanish villages awaited us on our journey across northern Spain. We visited the Iron Cross at the highest point of the French Camino. After walking through tranquil, hamlet-laden trails through gently

rolling countryside, we walked over the reservoir bridge into Portomarin.

The final day saw us walk 6 km from the Mount of Joy into Santiago and to mile 0 at the Cathedral. Dorothy and I joined a group of pilgrims completing the English Camino and went by bus to Muxia and Finisterre on the Atlantic Coast.

The tour cost \$4000 plus airfare and was booked through Teachers' Travel in Toronto. Walkers' World provides a comprehensive itinerary, complete packing list and wonderful guides. Garry Budin, our guide, also can arrange self-guided Camino experiences in Portugal and Spain.

For More Information re: Camino de Santiago (St. James Way) Camino Walking Guide by Brierly
garry@spanishadventures.com
www.spanishadventures.com
www.walkersworld.com Teachers' Travel, Toronto 1-800-268-7229



JUDY KWASNICA IS PRESIDENT OF THE THAMES VALLEY TRAIL ASSOCIATION (TVTA) AND A NEW RTA MEMBER

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.nf.ca

Kingston Club Social
Saturday, March 18 - Spring Pot Luck

Reunite with members at our spring dinner social. Please bring an appetizer, main course (we need these the most) or a dessert to share plus your own wine/beer to enjoy.

Time: 6:00 pm.
Place: Queen's Women's Association, 144 Albert Street.
Fee: \$3 per person at "sign in" towards room rental fee.
RSVP: Linda Line 613-531-4353



CALABOGIE PEAKS RESORT

Recreation on the Mountain, Lake & Land



**Enjoy après refreshments & a warm fire
at Canthooks Restaurant**

calabogie.com

In the spring, trails have their own unique challenges. Will there be ice, puddles, floods or mud to slip into or splatter? Then there is the threat of a spring rain. That could leave you with cool humid air. I wonder, should I stay home? However, it never fails to amaze me at number of ORTA members who show up for hikes in the most unappealing weather. Why is that?

The Japanese may have some answers as to why ORTA members leave their cozy homes, lace up their boots and pack their icers to venture out to the moraine. Japanese researchers began to study the benefits of the forest back in the 1980's with a new twist. They thought that their forests provided health benefits but there was little in the way to justify that thinking in terms of evidence based scientific studies. Since then, they have accumulated an impressive quantity of research,

Forest Medicine

BY PATRICIA BALDWIN
OAK RIDGES TRAIL ASSOCIATION (ORTA)

prompting worldwide interest into this field of study, which is known as forest medicine.

The medical doctor Eva M. Selhub, a Harvard Medical School instructor and Clinical Associate of Benson Henry Institute for Mind/ Body Medicine in Massachusetts has co-authored a book titled Your Brain on Nature, with Alan C. Logan, ND. This book outlines many of the benefits of the forest, from breathing in essential oils emitted by trees which can lower the hiker's production of stress hormones and increasing the body's antioxidant system (p. 83) to exposing us to benefits of spring rain. A forest has a lot of negative ions, so does a moving body of water or the air after a rainfall.

Negative ions are abundant when we hike in those situations. When we breathe, we are inhaling ions which lead to a reduction in our stress levels, decreasing depression and anxiety while improving cognitive performance. (p. 98)

So, I guess I'll round up my rain gear and my mud boots to get myself a dose of energetic spring fever out on ORTA trails.

Forest Medicine first appeared in Trail Talk (ORTA), Spring 2016. Reprinted with permission.



It's time to renew

Passings



Laraine Laughland was an active and enthusiastic member of the RTA for many years. She was Treasurer of the Ottawa Club for seven years from 1992. Laraine was an active hike leader who participated in many hike and ski activities. For several years, she served as coordinator for the Tuesday evening Moonlighters activity. Laraine was also an accomplished artist and calligrapher.

She was an appreciated friend to all who knew her, through hobbies or at the Ottawa Board of Education where she worked until her retirement. Even throughout a long illness, she kept a positive nature and an interest in all. Laraine passed away on August 27, at the age of 69.

Our condolences go to her sister Heather Bale, daughter Lori, and the rest of her family and friends. JOHN HALEY



Bill Grant, former RTA president and Ottawa Club Chair, passed away on August 19 after being in poor health for some time. Bill and his wife Pat were active RTA members, and Bill was a colourful character who livened up many a board and club executive meeting with his insight, comments and humour. He created the Human Resources role for himself, and it was in large part due to

Bill's persuasive recruiting that the association and Ottawa Club ran so well when he was involved.

GRAHAM CREEDY

PHOTO: PEARL PETERKIN



Since 2007, Garry James was an enthusiastic Ottawa Club participant, and he often came out to help on our Adopt-A-Road clean ups. He was an avid outdoorsman and a well-liked member of our club. About two and a half years ago Gary was diagnosed with ALS. He remained very positive about his condition and with the support of his wife Lois and the ALS Society, fought

this battle bravely. He was 76 when he passed away on September 24, 2016. DENISE HALL



Anita Godin joined the Ottawa Club in 1995. She was active with us until her health failed her a few years ago. As a retired nurse she always served as our walking medic and attended to others with expert care when needed. Many of us got to know her well through hiking and backpacking trips such as the Long Range Traverse in Newfoundland, and the Skyline Hikers. Anita was a very kind,

generous and fun loving person. Sadly, she passed away on August 3, 2016 at the age of 75. DENISE HALL

Donation/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 crest \$2.00 () 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): _____

Recent Donations to the Rideau Trail Association

Ruth Hutchinson - in memory of Bill Grant
 Ruth Hutchinson - in memory of Loraine Laughland
 Susan Murphy - for my father who enjoyed the trail

Other Recent Donors

Francine Burdick
 William Ottney
 Mara Reeve
 Ute Schall von Oppeln

Bert & Pat Stranberg
 Janice Ley

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 even further south to Torres Del Paine NP - sleep in geodesic ECOMES, hike up to "The Towers", and see icebergs & glaciers on Grey Lake. Then join the gauchos in Argentina. Travel to El Chalten and El Calafate in Los Glaciares NP, a UNESCO World Heritage site. Hike over to view Mt. Fitz Roy and even visit the renowned Perito Moreno Glacier. This exciting adventure concludes in the cosmopolitan city of Buenos Aires.

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.

KENYA WALKING SAFARI

July 9 to 21, 2017

Don't just *drivethrough* 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?

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.

IRELAND

June 6 to 16, 2017

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

MACHU PICCHU

September 15 to 27, 2017

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.)

TICO # 50018498

Getting There

United Airlines and Air

Canada offer service to SLC- Salt Lake City International.

Driving to Utah may be an option, but expect to take three days to get there.

There is no convenient way to get around the wide open spaces of Utah without renting an automobile so if you arrive by plane, you will need a car. Excepting the busy Ogden-to-Provo I15 corridor, the population density in Utah is very low. Getting around is quite easy, especially if you travel any of the incredible scenic bi-ways. Check out Utah.com for more information.

Planning your hikes

The HIKING UTAH'S NATIONAL PARKS smart phone app is an excellent source of trail maps organized by difficulty level, and profile. Info is loaded on your hard drive so no signal is required out in the backcountry.

National Geographic TRAILS ILLUSTRATED maps are available online through the NGS Store and many National Parks

Hooked on Utah? - Here's the Line

offices

<http://www.natgeomaps.com/tr>

[trails-illustrated-maps](http://www.natgeomaps.com/trails-illustrated-maps)

NATIONAL PARKS AREA MAPS AND GUIDE All parks offices carry a supply of these complimentary maps which describe the area trails. These maps are not intended to replace a detailed trail map. The knowledgeable parks staff will also provide weather, water requirements, and flash flood information. Maps and park brochures are also available as free downloads off the park sites.

Be sure to get a National Parks Pass. It will will pay for itself in three days. Mid-June to late-August temperatures are generally too hot for hiking. Early September to late October is perfect hiking weather with temperatures dropping to close to freezing at night and climbing to mid-twenties Celsius by mid-afternoon. On a day hike, you will need to pack accordingly. This is high desert. Bryce, for example, is 2,423 m (8,000') above sea level. You will need ample water, depending on the length and difficulty level. There are very few hikes in Utah that do not involve at least a 1,000' climb.

Happy and Safe Hiking!

BILL OTTNEY

WOTTNEY@COGECO.CA

Memberships Expire in March

Check your address label

Why not renew for two years?

KINGSTON CLUB ACTIVITIES - WINTER 2016-2017

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 11).

NOT SURE?

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

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.

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.

Spring Dates

March 18 Potluck (pg. 12)

April 26 Kingston AGM

Wednesday Walkers - Afternoon walks ideal for those who wish some healthy, social exercise at an easy pace. Contact **Marie Kraus** at krausmarie@hotmail.com or (613) 352-7235. 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.

ACTIVITIES CALENDAR

Friday December 2 10th Annual Foley Mountain Christmas Carol

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 613 858 3183 karius1@cogeco.ca 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 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 pm.

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

RSVP: Linda Line 613 531 4353.

Sunday December 11 Hikers' Choice

Level 1 or 2, easy pace, ~10-12 km. Depends on the weather and the

participants! The group will decide the destination before departing Cdn Tire at 9 am. Gas \$3-5. Leader: John Cornish 613 382 4778

Saturday December 31 New Years Eve Ramble

Level 1, moderate pace, 5 km. A leisurely 2-hr hike up the Gan River Trails, followed by lunch, a glass of wine and social sharing by the fire at John Cornish's home by the St Lawrence. Gas \$3. Leave 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

Saturday January 7 First Saturday Winter City Walk

Level 1, easy pace, ~8 km. Check out the city sights walking from Canadian Tire downtown and meandering back to Canadian Tire with one or two refreshment stops along the way. Meet

at CT for a 10 am departure. Leader:
Sharen Yaworski 613 544 6022
sharenann@gmail.com



**Saturday January 7 Winter
E2E1**

Details on page 3. Contact
leaders to confirm meeting time and
place.



**Sunday January 8 Winter
E2E2**

Details on page 3. Contact
leaders to confirm meeting time and
place.

**Saturday January 14 Gould Lake
Conservation Area**

Level 2, moderate pace, ~10 km.
Snowshoe the hilly east side trails.
Bring lunch and dress in layers for
winter conditions. Depart CT at 9:30
am. Gas \$3 plus park fee. Leader
Peter Burbidge 613 634 1877
peterbur@kingston.net



**Saturday January 21 Winter
E2E3**

Details on page 3. Contact
leaders to confirm meeting time and
place.



**Sunday January 22 Winter
E2E4**

Details on page 3. Contact
leaders to confirm meeting time and
place.

First Saturday of the month?
Winter Walk with Sharen.

**Sunday January 29 Lemoine Point
Ski, Walk or Snowshoe**

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

**Saturday February 4 First Saturday
Winter City Walk**

Level 1, easy pace, ~8 km. Check out
the city sights walking from Canadian
Tire downtown and meandering back to
Canadian Tire with one or two
refreshment stops along the way. Meet
at CT for a 10 am departure. Leader:

Sharen Yaworski 613 544 6022
sharenann@gmail.com

**Sunday February 5 Skycroft to
Massassauga Road**

Level 2, moderate pace, ~12 km. Ski,
snowshoe, or hike depending on
conditions, from Opinicon Rd. along
the Old Bedford Road (partially flooded
areas), past Hamilton Lake to
Massassauga Road (Buck Lake Loop),
returning to Opinicon Rd. Please phone
for hike, snowshoe, or ski conditions.
Depart CT at 9 am. Gas \$4. Leader:
Don Coulter 613 542 9998
coulter.dm@sympatico.ca



Renew for 2 years and save \$5

**Friday February 10 Winter E2E6
Moonlight Hike**

Details on page 3. Contact leaders to
confirm meeting time and place.



**Saturday February 11
Lemoine Point Walkabout**

Level 1, easy pace, 5 km. Ski,
snowshoe, or hike depending on the
conditions. Meet at North Parking Lot
off Coverdale ready to depart at 10 am.
Bring your hot chocolate. Leader: Elgin
Bock 613 389 4216



**Saturday February 11 Winter
E2E6**

Details on page 3. Contact
leaders to confirm meeting time and
place.



**Sunday February 12 Winter
E2E7**

Details on page 3. Contact
leaders to confirm meeting time and
place.

**Sunday February 12 Frontenac
Park Snowshoe**

Level 2, moderate pace, ~10 km.
Frontenac Park is one of the best
places in Ontario to enjoy a winter
outing. Snowshoes are available at the
park on a first come first serve basis.
Depart CT at 9:30 am. Gas \$4 plus
park fee. Leader: Audrey Sanger
613 384 6244

**Saturday February 18 Frontenac
Park Salmon Lake Road**

Level 1, easy pace, 8 km. Enjoy
skiing, or snowshoeing the Salmon
Lake Road to Big Salmon Lake and
return. Bring a lunch and come
prepared for winter conditions. Depart
CT at 9:30 am. Gas \$4 plus park fee.
Leader: Elgin Bock 613 389 4216

**Saturday February 25 Little
Catarauqui Conservation Area**

Level 1, easy pace, up to 6 km. Hike,
ski, or snowshoe in this local gem.
Snowshoe and ski rentals available at
the Education Centre. Families with
children welcome for this event. Gas \$2
plus share of park fee. Depart CT at 10
am. Leader: Sharen Yaworski
613 544 6022 sharenann@gmail.com



**Saturday February 25 Winter
E2E8**

Details on page 3. Contact
leaders to confirm meeting time and
place.



**Sunday February 26 Winter
E2E9**

Details on page 3.

**Sunday February 26 Little
Catarauqui Conservation Area**

Level 1, moderate pace, 10 km. Ski on
trail or snowshoe, walk beside trail.
Wildlife in the trees. Lunch in a warm
building. Enjoy the outdoors, fresh air
and friends, old and new. Depart CT at

Rideau Trail Closed

Tuesday, March 14, 2017
Please stay off the Trail this day.

10 am. Gas \$2 plus park fee. Leader:
Stan Huff 613-548-3003

**Saturday March 4 First Saturday
Winter City Walk**

Level 1, easy pace, ~8 km. Check out
the city sights walking from Canadian
Tire downtown and meandering back to
Canadian Tire with one or two
refreshment stops along the way. Meet
at CT for a 10 am departure. Leader:
Sharen Yaworski 613 544 6022
sharenann@gmail.com

**Saturday March 18
Spring Pot Luck** (page 12)

OTTAWA CLUB ACTIVITIES - WINTER 2016-2017

WHAT TO BRING

Bring lunch, water, spare hat, mitts, socks, 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 11).

NOT SURE?

The Hike Leader will thank you for your questions, if you raise them a few days before the event. For general information about the Ottawa Club call 613-860-2225.

Gatineau Park outings keep the **emergency number** handy: 613-239-5353.

CARPOOLING AND FEES

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

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

MEETING PLACE

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

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

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

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

INFO FOR LEADERS

Blank activity sign-up/liability waiver sheets can be obtained online or from the Club's Activity Coordinator. After the event, please send them to the Coordinator: e.ann.lane@gmail.com

Note: For Wednesday Walkers, send waivers to **Tony Barnes**, fellwalkerca@gmail.com

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.

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

Saturday Skiers As soon as skiing starts, the Saturday Skiers get together each week to enjoy the cross-country trails in Gatineau Park (Level 2 or 3). No dates are listed in the Calendar below; if there's snow, we go. Bring lunch and meet for a prompt 9:30 departure from Tunney's

Pasture. For more information, contact Steve Kelly 613-422-1318 stkelly@rogers.com



Winter Outings

For snowshoe outings, come prepared for all possible trail conditions. Wear good boots, with snowshoes and/or spikes depending on the conditions. If in doubt, contact the leader.

In Gatineau Park (and elsewhere)
the usual trail fees apply.

Winter conditions may necessitate changes or cancellations. These may be announced via Club e-mail. If in doubt, contact the leader.



Exploratory Events for Leaders
(page 21)



ACTIVITIES CALENDAR - OTTAWA

Saturday, December 3 Gatineau Park

Level 2 Hike or snowshoe Trails 74 and 73 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
jrgauth@teksawy.com

Saturday, December 3 Twin Lakes, Gatineau Park

Level 3 Hike via a surprise route to Twin Lakes, about 13 km. Weather permitting, 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 Urban Walk Downtown

Level 1 Walk downtown and back from Tunney's Pasture. Route will depend on conditions. See weekly e-mail for details. There will be an indoor coffee stop. Bring water and lunch. Meet at 10 am at Tunney's. Leader: Trudy Stephen 613-828-9313

Saturday, December 10 Mystery Hike

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

Saturday, December 17 Pinhey Forest, Greenbelt

Level 1 Hike or snowshoe Greenbelt Trails 31, 32 and 33, about 7 km. A lovely hike through a forested area. Bring a snack and water. Meet at P14 at 1 pm (parking lot farthest behind Nepean Sportsplex, 1701 Woodroffe Avenue, south of Hunt Club Road) or take OC Transpo buses 94 and 95 to Sportsplex. Leader: Sandy Freeman 613-225-2940

Saturday, December 17 Marlborough Forest, Rideau Trail

Level 2 Hike or snowshoe 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

Saturday, December 24 Gatineau Park

Level 3 Snowshoe or hike approx. 12 km depending on conditions. From the sandpit, (Eardley Masham Road) we head west along the escarpment to Hatchet Lake then bushwhack up to Tomato Hill, down and around Saw Lake, taking in Teacup Hill before heading back along the equestrian trail. Route includes ascents and descents, bushwhacking, and faint trails; outdoor lunch. Meet at Tunney's at 9:15 am to depart at 9:30. Gas: \$5. Leaders: Pauline Daling & Dick Stewart 613-421-6494 pdaling@rogers.com



Monday, December 26 (Boxing Day) Carman Lake, Gatineau Park

Level 2 Snowshoe or hike approx. 12 km, fast pace. From P17 via snowshoe Trails 72 and 71. Be at Tunney's Pasture by 10 am to carpool and depart. Gas \$4. Leader: Omar Bello 613-238-3723 obs0422@gmail.com

Saturday, December 31 Gatineau Park

Level 2 Snowshoe or hike approx. 8 km, three hours at a leisurely pace on Trails 70 and 71 starting at P15. Some climbing for the first km. Lunch at a fire pit. Depart Tunney's Pasture at 9:30 am. Gas \$3. Leader: Jean Gauthier 613-422- 3997 or e-mail jrgauth@teksawy.com.

Saturday, December 31 Gatineau Park

Level 3 Snowshoe or hike to Western from Cregheur Road. Destination may change depending on conditions. Be prepared to climb and break trail. We will aim for views and ponds. Depart from Tunney's at 9:30 am. Gas: \$3 Leader: Ann Lane e.ann.lane@gmail.com

Saturday, January 7 Snowshoe Clinic in Gatineau Park

Beginners' clinic of about 2 hours for those trying out snowshoes for the first time or just wanting a short, easy first outing. We will practise gait, going uphill and downhill, and breaking trail. The clinic starts at the Old Chelsea Visitor Centre, where rentals are available. We may have some loaners, so contact the leader if you don't have your own pair. Bring hiking poles with snow baskets if you have them. Be sure to wear layers that are easily removed or vented when you start to get too warm, and bring a hot beverage in a thermos and/or water to keep hydrated, plus a snack. Meet at Tunney's Pasture, no later than 9:15 am to depart at 9:30. Gas: \$2. **NOTE:** THE CLINIC IS SUBJECT TO CONDITIONS; CONTACT THE LEADER IF YOU'RE UNCERTAIN. IF THE SNOW ARRIVES EARLY, WE'LL HOLD THE CLINIC ON AN EARLIER DATE; CHECK THE WEEKLY E-NOTICES. Leader: Ann Bolster 613-828-5131 ann_bolster@hotmail.com



Saturday, January 7 and Sunday, January 8 Winter End-to-End

Details on page 3. Contact leaders to confirm meeting time and place.

Saturday, January 7 Gatineau Park

Level 3 Snowshoe from Cregheur Road, about 10 km with some bushwhacking. Lots of good views. Meet at 8:45 am for 9:00 departure at Tunney's pasture. Gas: \$3. Leader: Na Lin 613-601-4864 linnakgh@yahoo.ca

Sunday, January 8 Mer Bleue

Level 1 Snowshoe about 6 km at a moderate pace. From P20, we will explore Trail 50 and the Dewberry Trail. Meet at Tunney's Pasture at 1 pm. Gas \$3. Leader: Kathryn Fournier 613-248-0006

Sunday, January 8 Upper Typhoon, Gatineau Park

Level 3 Snowshoe estimated 7-10 km and 400 m ascent. P17 to Upper Typhoon and back, mainly off trail. Relatively fast pace. If conditions are right we'll do some exploration. Lunch outside. Meet at Tunney's to depart by 9:30 am. Gas: \$4. Leader: Paul Jean pj@walkingalong.com

Thursday, January 12 Leaders' Meeting

Westboro superstore 7-9 pm
Information and hike planning evening for those interested in leading Spring hikes. See 'Leaders', below.

Saturday, January 14 Bell Arena Greenbelt Trails

Level 1 Snowshoe 6-8 km from P12 along NCC Trails 28 and 27 in Bells Corners. Mostly forested terrain, relatively flat with some minor hills. Bring snack, water and snowshoes. Depart from Baseline Park & Ride at 12:30 pm. Gas \$2. Leader: Marilyn Schwartz 613-828-4488
marilyn_sch1970@yahoo.ca

Saturday, January 14 Gatineau Park

Level 2 Approx. 6 km, 2½ hours at a leisurely pace from Relais Plein Air (P2) on Trails 64 and 65. Fairly rugged terrain with lots of short but steep ups and downs for the first 2 km. Depart from Tunney's at 9:30 am. Gas \$2.
Leader: Jean Gauthier 613-422-3997
jrrgauth@teksawy.com

Saturday, January 14 XC Ski in Gatineau Park

Level 3 Ski from P10 to Western Cabin for lunch. Distance 16 km. Depart from Tunney's at 9:30 am. Gas: \$3.
Leader: Dave Audette
dg.audette@sympatico.ca

Sunday, January 15 Leaders' Exploratory Snowshoe

See Exploratory, page 21.



Saturday, January 21 and Sunday, January 22 Winter End-to-End

Details on page 3. Contact leaders to confirm meeting time and place.

Saturday, January 21 N. Kanata

Level 1 Snowshoe about 6 km, easy pace-South March Highlands. Slightly hilly in parts. Optional coffee stop afterwards. Depart at 12:30 pm from Baseline Park & Ride. Gas \$3.
Leader: Ethel Archard 613-592-7733
ethel.archard@sympatico.ca

Exploratory Outings

On selected Sundays, a Level 3 event will be presented for leaders and those interested in leading. Level 3 snowshoe experience is a must. Trail breaking and a good pace will be required. Be at Tunney's Pasture by 10 am to carpool and depart. Contact: Ann Lane
e.ann.lane@gmail.com

Saturday, January 21 Meech Valley, Gatineau Park

Level 2 Snowshoe 10 to 12 km. relaxed pace. Start at the Pine Road parking lot (P16) and follow the Giant Trail to the branch off onto the Meech Valley Trail, uphill to the intersection of the trail from Carbide Wilson to O'Rourke's Clearing, then westerly on Giant Trail. Route may be altered depending on conditions. Meet at Tunney's to depart at 9:30 am. Gas: \$4. Leader: Peter Hawkins
613-749-2093

Saturday, January 21 Gatineau Park

Level 3 Snowshoe Lusk Falls / Faris Creek to McKinstry Cabin. Bring your microspikes. Distance 9 km with 400 metres of ascent. McKinstry cabin is used mostly by skiers so we'll need to follow faint trails and bushwhack to this destination. Meet at Tunney's pasture at 9:15 am. Gas \$4. Leaders: Tom & Karen Cole 613-825-4498
2001tomcole@rogers.com

Saturday, January 21 XC Ski in Lower Gatineau Park

Level 1 One to two hours depending on temperature. From Relais de Plein Air (P2), ski a circuit that will allow beginners to try out some small hills. Meet at Tunney's Pasture at 10 am. Gas: \$2. You will be home for lunch. Leader: Elizabeth Mason
613-729-6596

Sunday, January 22 Pine Grove, Green Belt

Level 1 Snowshoe about 6 km. Moderate pace. From P18, explore parts of Trails 43, 44 and 45. Depart from Tunney's at 1 pm. Gas \$3.
Leader: Kathryn Fournier
613-248-0006

Sunday, January 22 Leaders' Exploratory

See Exploratory.

Saturday, January 28 Old Quarry Trail, Greenbelt

Level 1 Snowshoe approx. 10 km, 3½ hours at a leisurely pace (this route can be easily shortened if desired.) Greenbelt Trails 23, 24, and 25 on flat terrain and well-groom trails starting at P5 on Eagleson Road. Outdoor lunch. Depart Baseline Park & Ride at 9:30 am. Gas \$2. Leader: Jean Gauthier
613-422-3997 jrrgauth@teksawy.com

Saturday, January 28 Marlborough Forest, Rideau Trail

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

Saturday, January 28 Gatineau Park

Level 2 Snowshoe about 12 km from P15 on Trail 71 and 70. Latish lunch indoors at Healey Cabin. Trail 71 can be a bit challenging depending on weather

Leaders' Meeting January 12 from 7 to 9 pm

Westboro Superstore - Light refreshments will be available.

Spring planning plus brainstorming session:

How to confirm that your participants are properly prepared for a hike in terms of fitness as well as gear

What leaders have to carry to deal with emergency situations

Managing an injury: the injured (warm and safe); the remaining group

How best to transport an injured person (depending on the problem)

How to get "un-lost".

and conditions so throw in your spikes for good measure. Meet at Tunney's for a 9:30 departure. Gas \$4. Leader: Sheila Parry 613-324-4006 sbparry007@gmail.com

Saturday, January 28 Upper Typhoon, Gatineau Park

Level 3 Snowshoe 15 km, from P19. Upper Typhoon area, from east shore of Lac Philippe. Mostly bushwhack. Gas \$5. Leader: Roger Bird rogerbird@primus.ca

Saturday, January 28 XC Ski to Lusk Cabin, Gatineau Park

Level 2 Ski approx. 10 km at a relaxed pace. From P19 up to Lusk Cabin for lunch, followed by a pleasant descent. Meet at Tunney's for departure at 9:30. Gas: \$5. Leader: Harrienne Rosenes 613-232-1661 harrienne@gmail.com

Sunday, January 29 Leaders' Exploratory Snowshoe

See Exploratory, page 21.

Saturday, February 4 Gatineau Park

Level 2 Snowshoe approx. 9 km, 3½ hrs. at a leisurely pace on Trails 65 and 66 from P2. Some climbing. Wear good boots and snowshoes or spikes depending on the conditions. Outdoor lunch. Depart from Tunney's at 9:30 am. Gas \$2. Leader: Jean Gauthier 613-422-3997 jrrgauth@teksawy.com.

Saturday, February 4 Gatineau Park

Level 3 Snowshoe from Hollow Glen. Destination and distance will be determined by conditions. Be prepared to climb and break trail. We will aim for views and ponds. Depart from Tunney's at 9:30 am. Gas: \$2. Leader: Ann Lane e.ann.lane@gmail.com

Saturday, February 4 Easy XC Ski in Gatineau Park

Level 1 About 8 km. Classic cross-country ski from P8 to P9 and back on Parkway at a moderate pace. The long, gentle slopes on this trail might not require Herringbone and/or snowplough. It's an easy introduction to skiing in the Park. Bring water and a snack. Meet at Tunney's Pasture at 9:15 am for

departure at 9:30. Gas: \$3. Leader: Terry McComb 613-820-3936

Sunday, February 5 Mer Bleue, Greenbelt

Level 1 Snowshoe from P20, we will explore Trail 50 and the Dewberry Trail. Depart from Tunney's at 1 pm. Gas \$3. Leader: Kathryn Fournier 613-248-0006

Sunday, February 5 Leaders' Exploratory Snowshoe

See Exploratory, page 21.



Friday, February 10 (night hike) Winter End to End



Saturday, February 11 and Sunday, February 12 Winter End-to-End

Details on page 3. Contact leaders to confirm meeting time and place.

Saturday, February 11 Renaud Cabin, Gatineau Park

Level 2 Snowshoe approx. 8 km on Trails 74 and 73. Start at P19. Some climbing for the first 3 km. Lunch at Renaud cabin. Depart Tunney's Pasture at 9:30 am. Gas \$5. Leader: Grace Hyam 613-829-7252 dr003@ncf.ca

Expiring Membership?
Check your address label.
Why not renew for two years?

Saturday, February 11 Gatineau Park

Level 3 Snowshoe from Kelly Road. Destination and distance will be determined by conditions. Be prepared to climb and break trail. We will aim for views and ponds. Depart from Tunney's at 9:30 am. Gas: \$2. Leader: Ann Lane e.ann.lane@gmail.com

Saturday, February 11 XC Ski in Gatineau Park

Level 1 Distance 8 km. Classic cross-country ski from P17 on Trail 53 to junction with Trail 51 at a moderate pace. Easy hills but all skiers should be able to Herringbone and snowplough. Bring water and a snack. Meet at Tunney's Pasture at

9:15 for departure at 9:30. Gas: \$4. Leader:

Terry McComb 613-820-3936

Sunday, February 12 The Pulpit, Gatineau Park

Level 3 Snowshoe estimated 10-12 km and 700 m ascent. Start at the base of Faris Creek, avoid the falls and find an alternate way up the escarpment. Follow the escarpment to Pulpit via Farm Rock. Return via Sky Turtle, Gallery, Bottle Rock and down the falls. Faint trails. Relatively fast pace. Some bushwhacking. Lunch outside. Meet at Tunney's to depart at 9:30 am. Gas: \$4. Leader: Paul Jean pj@walkingalong.com

Saturday, February 18 Mud Lake

Level 1 Hike or snowshoe 6 km, about 2 hours. Snowshoe around scenic Mud Lake on flat terrain. Bring a snack to eat while enjoying the view of the Ottawa River and the Deschenes Rapids. Meet at 10 am at the Britannia Park bus stop, Ron Kolbus Lakeside Centre. Leader: Jean Gauthier 613-422-3997 jrrgauth@teksawy.com

Saturday, February 18 Carp Ridge

Level 2 Snowshoe about 8-10 km off the Thomas A. Dolan Parkway. We will snowshoe around and over a number of picturesque ponds. Lunch will be outdoors. A pub stop at the Cheshire Cat in Carp after the hike is an option. Depart from the Baseline Park and Ride at 10 am. Gas \$3. Leader: Denise Hall 613-843-8222 rebeccahall@rogers.com



Saturday, February 25 and Sunday, February 26 Winter End to End

Details on page 3. Contact leaders to confirm meeting time and place.

Saturday, February 25 Marlborough Forest, Rideau Trail

Level 2 Snowshoe 8.5 km from Flood Road to Earth Star Trail and return via abandoned farm trail. Depart from Fallowfield Park & Ride at 10 am. Bring lunch. Gas: \$5. Leader: Doug Parsons 613-843-8222

Saturday, February 25 XC Ski to Keogan Lodge, Gatineau Park

Level 2 About 8 to 10 km. Ski from P7 to Keogan either on back trails or all on

(OTTAWA ACTIVITIES)

Ridge Road depending on your preference. Bring a warm drink and lunch. Meet at Tunney's Pasture for departure at 10 am. Gas \$3. Leader: Elizabeth Mason 613-729-6596

Saturday, February 25 Wrong Hill, Gatineau Park

Level 3 Snowshoe approx. 10 km from P19. Lots of elevation, great view. We go in from the "back" of the hill. Gas: \$5
Leader: Roger Bird
rogerbird@primus.ca

Sunday, February 26 Leaders' Exploratory

See Exploratory, page 21.

Saturday, March 4 Jack Pine and Chipmunk Trails, Greenbelt

Level 2 Snowshoe or hike approx. 9 km, 3½ hrs. at a leisurely pace on flat terrain, on NCC Trails 26, 25, and 28 from P11 on West Hunt Club Road. (This route can be easily shortened if required.) Outdoor lunch at the Flood Lime Kiln. Depart Baseline Park & Ride at 9:30 am. Gas \$2. Leader:

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

Saturday, March 4 Gatineau Park

Level 3 Snowshoe or hike approx. 11 km. A short distance on Trail 70 and 71 from P 15 to the Source Lake area, then off-trail through a series of ponds/streams to Healey Cabin for lunch. Most of this snowshoe is off trail and depending on conditions we may have lunch outside. Meet at

Rideau Trail Closed
Tuesday, March 14, 2017
Please stay off the Trail this day.

Tunney's Pasture by 9:15 am. for a prompt 9:30 am departure. Gas \$4.
Leader:
Denise Hall 613-843-8222
rebeccahall@rogers.com

Saturday, March 4 XC Ski in Lower Gatineau Park

Level 1 About 8 km. Classic cross-country ski from P3. Parkway to Trail 5 to Trail 29 to Trail 5. All skiers should be able to Herringbone and

snowplough. Bring water and a snack. Meet at Tunney's Pasture at 9:15 for departure at 9:30. Gas: \$2. Leader: Terry McComb 613-820-3936

Saturday March 11 Bell Arena, Greenbelt

Level 1 Hike or snowshoe About 8 km. NCC Trails 26 and 27, behind Bell Arena. Trail is relatively flat. If there is a lot of snow, we will snowshoe. Meet at Baseline Park and Ride at 10 am to carpool. Optionally, meet at the trailhead (P13) at 10:15. Please bring a hearty snack and water. Gas: \$2. Leader: Sandy Freeman 613-225-2940

Saturday March 11 Graham Hill, Gatineau Park

Level 3 Hike or snowshoe approx. 12 km, from P19. Lots of elevation, great view. We will ascend Graham from the back. Gas: \$5. Leader: Roger Bird
rogerbird@primus.ca

Ottawa Club
Annual Meeting
Friday, April 21

(NEW MEMBERS, FROM PAGE 8)

Ottawa Club (continued)

Sylvie Delisle
Sylvia Do Vale
Helen Dolbey
Judy Field
Susan Ford
Aidan Foss
Leslie Gardiner
Marion Gould
Susan Harris
Elizabeth Hay
Rosine Kaley
Patricia Klambauer
Gail Ksonzyna
Diana Lester
Lorraine Lynch
Anne McLay
Grace Meier
Constance Menger
David Milnes
Vesna Obradovic
Ann & Rey Piche

Mylene Poupart
Andrea Prazmowski
Maurice & Donna Rainbow
Deborah Robertson
Merrill & Dave Rogers
Cameron Rogers
Daintry Gordon & Mark Rollins
Vivien Runnels
Caroline Samson
Leslie Row & John Smith
Ainsley Shepherd & Bob Snider
Tiziana Carafa & Filippo Speranza
Stephen Switzer
Matt Vincelli
Gord MacDonald & Anne Ward
Melanie Younger

www.Skylinehikers.ca
1-866-445-3774

Picture Yourself Here

*Celebrate Canada's 150th anniversary
at Sunset Pass in Banff National Park*

Since 1933, Skyline Hikers of the Canadian Rockies has offered a unique way to experience the back-country of Canada's mountain parks. Come join us for great summer hiking memories and lifetime friendships.

Your gear is carried in and out by packhorse, so hikers carry only their day pack. Leave the lugging to us and enjoy the stunning scenery, great food and warm camaraderie.

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

Registrations open January 3, 2017.

2017 Sunset Pass Camp dates:

Camp 1 July 17 to 22
Camp 2 July 24 to 29
Camp 3 July 31 to August 5
Camp 4 August 7 to 12
Camp 5 August 14 to 19



Hooked on Utah- A Hiker's Primer

BY BILL OTTNEY

In 2008 I flew into Salt Lake City to work as a volunteer on the Nevada Northern Railway. The breathtaking views that the state offers at every turn lured us back again and again. A friend commented, "You know there are other places you could go." The fact that we are planning our fifth trip to Utah in 2017 rightly suggests that we are indeed "hooked on Utah."

Utah's topography varies dramatically, from Rocky Mountain alpine areas in the north which offer climbs to 12,000' on prepared trails, through to red rock canyons and deserts in the south. Among the 13 US National Parks in the state of Utah are the 'Mighty 5' in the south: Bryce Canyon, Canyonlands, The Arches, Zion, and Capitol Reef. Here is a selection of our favourite hikes which follow paths less travelled.

There are a many excellent alpine trails in the Uinta Mountains east of Salt Lake City-Lofty Lake Loop and Mt. Timpanogos to name two favourites. Farther south are the red canyons.

In four trips to Utah, the 10 mile **Bryce Canyon Fairyland Loop** has been at the top of the 'must do' list. Fairyland Point at the north end of the park is not accessible to tour busses nor is this hike suited to the casual hiker. The trail will ascend from the canyon floor and descend three times prior to the final ascent to the rim at Fairyland Point.

Other Bryce Canyon hikes: The point-to-point **Hat Shop Trail** involves a long descent to view the hat-like formations from which this area derives its name. Although heavily touristed, the canyon rim hikes are still enjoyable loop hikes with many connections which can be expanded to suit your energy level and time available.

En route from Bryce to Capitol Reef, the highway offers countless photo stops and a variety of en-route hiking opportunities. Lower Calfs Creek waterfall is accessible via a relatively easy 2.5 mile point-to-point trail along a scenic canyon floor. The idyllic waterfall at trail's end is nature's pot of gold.

Although it does not offer the vibrant colours of Bryce, Gunhild and I would rate Capitol Reef NP as our personal



Lower Calfs Creek Waterfall

favourite of the 'Mighty 5' parks. The hiking opportunities in Capitol Reef are seemingly endless. We love the geological diversity, the long climbs in relative solitude, the panoramic views, and the opportunity to see wildlife on paw and hoof.

The Waterpocket Fold is an immense fold in the earth's crust extending over 100 miles north-to-south. Accessible by passenger car, it takes a full day to reach the **Muley Twist Canyon** trailhead and hike to **Strike Valley Overlook**. Due to the remoteness of this hike, sign-in/out is required at the unstaffed trailhead. For a few others, bypass the Hickman Bridge tour bus hike and try one of these:

Rim Overlook/Navajo Knobs which shares trailhead with Hickman Bridge before crossing the river gorge;

The Wagon Trail which affords a distant glimpse of Waterpocket Fold;

Fremont Gorge Overlook, and

Chimney Rock, just to name a few of our favourites.

All involve a climb in excess of 1,000 ft. but all afford breathtaking views. Along UT 24 between Capitol Reef and Moab, is **Goblin Valley State Park**, well worth the side trip.

Based at Moab

Moab offers good food and lodging, and is an excellent anchor point for accessing The Canyonlands and the Arches National Parks.

At the Arches National Park, we avoid the crowds by arriving as soon as the park opens and heading directly to the parking lot for Devil's Garden trailhead. In September 2014, we arrived on the heels of Hurricane Norbert who, in his last gasp, had drenched Moab with torrential rains. On our hike day, we were enthralled to find the desert in full bloom. However, the rains had flooded a pass along the trail route, so off came the boots as we forded the pass to dry land.

Following the **Devil's Garden Trail** to Primitive Trail junction, the signs cautioned us that the **Primitive Trail** was for skilled hikers only. As our hike progressed, we found it almost impossible to gain traction when climbing the smooth red rock faces. Wet sand from hikers' boots had created a surface akin to a waxed shuffleboard. The only way up and over was to lend a hand to one-another. Later we would learn to stow the trekking poles and 'scramble' on all fours.

Canyonlands National Park The Colorado River bisects Canyonlands NP into two 'districts'- Needles District to the south, and Islands in the Sky District to the North. I would recommend The Needles District for a starter. **Newspaper Rock** at the park entrance is a wall of petroglyphs and well worth a stop. The **Slickrock Loop** is an easy hike offering superb vistas. More strenuous? Ask me about the **Big Spring/Squaw Canyon Loop** sometime.

Hiking in Utah is a passion with us. We'll go again, and maybe not just once. Happy and safe hiking!

STORY AND PICTURES

BY BILL OTTNEY AND GUNHILD KARIUS

BILL IS KINGSTON CLUB REP. TO THE RTA

SEE PAGE 16 FOR MORE ABOUT UTAH

Waterpocket Folds, Capitol Reef NP

Looking south from Strike Valley Overlook with the Henry Mountains in the distance.

The 6 mile walk in through Muley Twist Canyon is relatively easy, with a short but steep climb out to the Strike Valley Overlook. The abundance and variety of contorted rock formations along the canyon add to the enjoyment of this hike and the view is truly awesome!



Goblin Valley



Big Spring Squaw Canyon Loop
Canyonlands NP - Starting our
descent into Squaw Canyon.
Notice the poles are packed. On some trails you need to
be on all fours. Next time, we'll bring rock climbing gloves
and a whisk.



Fremont Overlook Trail with Johnson Mesa
in foreground and Navajo Knobs in distance

Lofty Lake Loop trail overlooking Cutthroat Lake. Alpine
areas in Utah's north offer climbs to 12,000' on
prepared trails.





The author at one of her favourite walks: Slieve League Cliffs, Co Donegal. Wild Atlantic Way Trail. Highest Cliffs in Ireland, 1971 feet.



Carrick-a-Rede (Ballantoy): a rope bridge to the island where fishermen used to set fishing nets

Emerald Isle

This past June, on a recommendation from friends, I hiked with Extreme Ireland Hiking. I found it to be a well planned and interesting tour. It was considered moderate level hiking, but since it was mostly coastal hiking there were cliffs and some rugged elevation on Mount Brandon. Those considering it should have some hiking experience. The hikes included interesting geological formations as well as visits to historical and cultural places. Noel, our guide was terrific! He was experienced and very knowledgeable. <http://www.extremeireland.ie/> (10% off for RTA members in 2017)

WORDS AND PICTURES BY PAT CHAMBERLAND,
OTTAWA CLUB



A peaceful and picturesque walk along Lough Veagh, Glenveagh National Park, Co Donegal. The trail leads to Glenveagh Castle and gardens which were donated to the state by wealthy Irish American.

Giants Causeway, Ulster, N. Ireland. Formation caused by an underwater volcano, 60 million years ago.



Cliffs of Moher in the Burren region, County Clare. 15 km of hiking along high cliffs with amazing seacoast views and lots of sea birds.



Pukaskwa Coastal Hiking Trail

One hour at a time

BY RON HUNT

Backpacking on the Pukaskwa Coastal Hiking Trail last August: breathtaking, but humbling.

It was a four-night, five-day hike which included climbs and descents, creek crossings and other challenges, with spectacular wilderness scenery, great vistas and sandy beaches. This 60 kilometre trail is in Pukaskwa (say "puck-a-saw") National Park on the shore of Lake Superior. It has been on my bucket-list ever since I saw a presentation about it in the late 1980's.

My hiking companion for this trip was Michael Haynes, author of *HIKING TRAILS OF OTTAWA* and many other hiking trail books. We had



MICHAEL HAYNES PHOTO

Breathtaking but tough: Lake Superior's wild coast

planned to hike the trail from south to north, by taking the McCuaig Marine Services water taxi from the Visitor Centre in Hattie Cove to the endpoint at North Swallow River. Rough conditions on Lake Superior changed our plans, so we hiked the trail from north to south, with a planned rendezvous with Keith McCuaig's vessel on the fifth day. In retrospect, I would say that we hiked the trail in the better direction because the trail gets more interesting the further south you go.

On the morning of the first day I took a moment to leave a tobacco offering at the Anishinaabe camp near the Visitor Centre, giving thanks and asking the spirits for their good wishes for a safe and good hike.

We were blessed with very good weather: temperatures in the mid-20's and no rain. The hike would have been much more difficult if the rocks were wet and slippery. We hiked 15 km. per day for the first three days; they were long, tough days! On day four we covered 10 km. and finished in mid-afternoon after a lot of

challenging climbs and descents that included some fantastic views.

On the morning of the last day we had just 5 km. to hike and got an early start to ensure we would be at North Swallow River on time for our rendezvous with the boat.

Most nights we were treated to the sight of millions of stars, the Milky Way, and a few satellites and meteors zipping by. We saw a rabbit and porcupine but no bears.

You probably already know that you need good logistical planning and physical conditioning to have a successful backpacking trip. Plan on a pace of 2 km. per hour or less. Secondly, we stopped once an hour for a 10-minute break. These breaks ensured that we were topping up



Michael works his way up another challenging climb. RON HUNT



Michael and a food storage 'bear' box. Our four campsites were all located close to the Lake. RON HUNT

our water containers and having something to eat on a regular basis. This procedure kept me motivated in the afternoons. When the 18 kg pack started to feel like bags of cement, I knew there was a break on the horizon! Hence the subtitle: "One hour at a time".

It feels great to have completed this challenging and spectacular trail. But it seems like a blur now. That's because we were very focused on completing each section of the trail on schedule, and the hiking was so tough at times.



Lake Superior from Pukaskwa's Coastal Trail: spectacular!

MICHAEL HAYNES PHOTO



Inland cobble beach: I was a "one-pole" hiker prior to this trip. I could not have completed the hike without two this time. In spite of the poles, I went over - five times. It's that tough! RON HUNT

References:

1. Pukaskwa National Park:
<http://www.pc.gc.ca/eng/pn-np/on/pukaskwa/index.aspx>
2. Tobacco offering:
http://sgib.ca/index_files/Page3161.htm
3. Planning and preparation: *The Backpacker's Field Manual*, Rick Curtis

RON HUNT IS CURRENTLY TREASURER OF THE OTTAWA CLUB.



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

My Favourite Place



Fairyland Loop

Bryce Canyon National Park, Utah
The Fairyland Loop is one of our Top Ten hikes anywhere. We start by following the Rim Trail for 2.3 miles along to Inspiration Point where the trail starts its 1500' descent to the canyon floor. The variety of landforms on this hike is seemingly endless. When you think you have seen it all, another vista opens up around the next bend in the trail.

BILL OTTNEY, KINGSTON CLUB
(STORY, PAGE 24)

Send your special place
(description and/or photo)
to the Editor.



Winter is a busy time for Rideau Trail clubs.
See page 9, 17 or 20. KYOUNG UHM PHOTO



Peter's Perch - Sydenham

In high school, **Peter Timan** worked with Doug Knapp and the Sydenham High School's Outers Way Club to build some of the original Rideau Trail. In honour of his 60th birthday and 30 years of providing access for the Rideau Trail, Peter's children built a lovely bench for hikers to enjoy, overlooking Knowlton Lake. My family was an original member of the Association. It has been an honour to support the trail all these years. NANCY TIMAN



El Camino de Santiago

Judy, taking in the Spanish landscape. Be sure to see her trip report (page 12).

JUDY KWASNICA PHOTO