



Rideau Trail

NEWSLETTER

SPRING 2017
Issue # 183



Paul Galipeau's Trail Running Series
- not for the fumble-footed! Pg. 22

CANADA 150 CHALLENGE
New Challenge - NEW BADGE!
Pg. 3

NEW! The Waterfall Series
Pg. 20

RTA's AGM - Perth
May 13 - Details: Pg. 6

HAPPY 150th, CANADA!

Sir John A. & Friends Hit the Trail



Original Marble
Rock photo:
Jack Tannett

FULL CONTENTS ON BACK COVER

Lanaudière - Not Far Away!

Story & Photos by John Haley

Almost on our own doorsteps, the Lanaudière region of Quebec offers superb hiking in beautiful settings. Have you hiked there yet?

Forget about exchange rates and politics, put on your boots and your smile, and prepare yourself for a delightful trip. French is optional, and Michael Haynes' 2013 book *"Hiking Trails of Montreal and Beyond"* is a good resource.

Let's go!



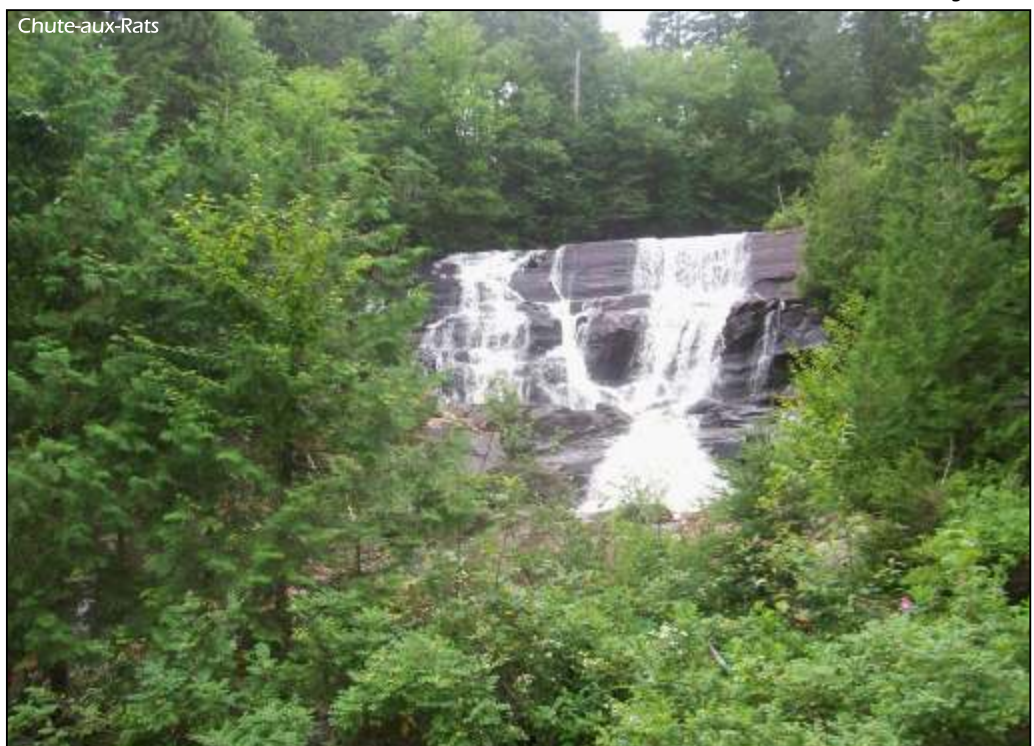
returned by a longer, steeper, and more interesting route.

From Saint-Donat, a 12.8 km hike with a substantial elevation change goes to the highest mountain in the area, Montagne Noire, on the National Trail or Sentier National, and the site of a Liberator plane crash in 1943. The aircraft was not found until 1946; its remains can still be seen from the trail, along with plaques and a monument to the 24 who died.

Just south of Saint-Donat there is a short but steep hike, popular with families, up Mont Ouareau and around its summit loop, with fine views over Lac Ouareau. This can easily be extended along the Sentier National to a Refuge at Lac Lemieux, for a 16-km out-and-back hike.

Less than a 3-hour drive from Ottawa, just over 4 hours from Kingston, **Saint-Donat-de-Montcalm** is a busy tourist town surrounded by mountains and lakes, near the Pimbinia entrance of Mont-Tremblant Park. There is accommodation in the town, but in August 2016 Johanne and I stayed at La Tanière de l'Ours Gîte B&B, just 2 km from the park entrance; we had to return to the town for restaurants.

After heavy rain, we were advised by park staff that our intended out-and-return hike to Le Carcan would be too muddy to enjoy. Instead we hiked for 4 km return on an easy path to l'Envol with a fine view, then 5 km on a wheelchair-accessible path to the Chute-aux-Rats waterfall, and



..... Cont'd on Pg. 28



RIDEAU TRAIL'S **"CANADA 150 CHALLENGE"**

..... **ARE YOU UP FOR IT ?**

In honour of Canada's 150th birthday, we encourage **EVERY MEMBER** to hike any part of the Rideau Trail (main trail or blue trails) in 2017!

Members who hike 150 km on the RIDEAU TRAIL this year between April 1 and November 1 will earn a *special, limited edition badge*.

**Special,
limited-
edition
Badge !**

Want to hike with your FAMILY? Awesome! Family members can combine their kilometres to complete the challenge together to earn a badge.

How does this work? Well, if 3 relatives each hike 50km, you will jointly have completed the Rideau Trail Canada 150 Challenge!

Remember to log your hikes (see example below) and feel free to post photos to Instagram and tag them with #RideauTrail and #Canada150!

Date	Area hiked	# of KMs	Who did you hike with?

More details will follow in the Summer Edition (June) and in the E-Letter.
In the meantime - get you and your family out on the Trail !

"Rideau Trail Welcomes Millionth Visitor"

..... "RTA Contributes Enormously to the Health of Ontario Residents" ...

.... "RTA Attracts Visitors from Around the World"

Think these headlines should be written in the next 5 to 10 years?

Should we be looking for other headlines?

Over the next 6 months the RTA will be connecting with members and other stakeholders to get their views on what we do well and what is needed to be the best trail in Ontario.

Help create a vision for the future of the RTA.

Have your voice heard.

Contact us.

Stay connected. Meet, vote and share your ideas. Watch for invitations to participate.

The RTA is growing, with a new website, increased membership, multiple hikes per week, great meetings, and exciting social activities. Help us make it even more successful by contributing your ideas for our future.

The RTA needs you.

Brian Grant, Chair
RTA Strategic Planning Working Group
strategicplanning@rideautrail.org
<http://www.rideautrail.org>

A Memorable Winter of Hiking!

Top: Mid-December:
Kingston hikers all alone
in Gananoque Provincial
Wildlife Area

Middle: "The (winter
E2E) Extra Length group
has had its challenges"
Audrey Stewart

Bottom: Winter E2E
group opts for the "easy
route" at the Bedford
Mills Ferry.
Hikers on left "pull"
themselves across on the
ferry ropes.



Photo Credit:

Top: John Osborne

*Middle: Howard
Robinson*

*Bottom:
Niels Rasmussen*

Picture Yourself Here...

Celebrate Canada's 150th anniversary at Waterton Lakes National Park

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

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

2017 Waterton Lakes Camp dates:

- Camp 1 July 16 to 22
- Camp 2 July 23 to 29
- Camp 3 July 30 to August 5
- Camp 4 August 6 to 12
- Camp 5 August 13 to 19



GETTING YOUR BADGE !

HIKERS REQUESTING END-TO-END BADGES SHOULD CONTACT:

Badge for completing the **entire end to end, including the winter badge**: Secretary of the RTA - Liz Choros:
lizchoros@gmail.com

Badge for completing the **Ottawa section** of the Trail:
Secretary of the RTA Ottawa Club - Dawn Carrick:
dawncarrick@sympatico.ca

Badge for completing the **Central section** of the Trail:
Secretary of the RTA Central Club - Nancy Gaudreau -
ndgaud@gmail.com

Badge for completing the **Kingston section** of the Trail:
Kingston Club Representative on the RTA Board of Directors - Bill Ottney: wottney@cogeco.ca

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TICO Ontario Registration No: 50022848



46th Annual General Meeting

Saturday May 13, 2017

Perth Golf Course - Canada's Oldest Golf Course - 141 Peter Street, Perth

Program

9:30 - 10:00 am	Registration, Continental Breakfast
10:00 - 12:00 pm	Business Meeting, Presentation of Awards, Door Prizes
12:00 - 12:30 pm	Social Time - Beverages available for purchase
12:30 - 1:30 pm	Lunch
2:00 pm	Variety of hikes, a historic walking tour of Perth, or explore Perth on your own.

Directions

From Highway 7 in Perth, turn south onto Wilson Street (Canadian Tire is on the north-west corner). Wilson street ends at Peter Street (which is just south of North Street). Turn right onto Peter Street and continue until golf course at the end of the street.

Lunch Menu

Selection of sandwiches on traditional and artisan breads. Selection will include Montreal smoked meat and Swiss cheese with caramelized onion, a variety of cold cuts with grainy mustards and grilled Mediterranean vegetables, marinated with balsamic vinegar and olive oil. Assorted fresh vegetables with hummus and ranch dips. Assorted house made relishes and pickles, variety of local cheeses. Dessert offering of fresh fruit and a variety of squares.

Registration & Payment for the Luncheon:

Total cost of lunch is \$20.00 per person including tax and gratuity. **You must register ahead of time.** Send a cheque payable to "Rideau Trail Association in Trust" to Sandy Freeman, 1302 Henry Farm Drive, Ottawa, Ontario K2C 2E4.

The deadline to order a meal is Friday, May 5, 2017.

Reserved luncheon tickets will be given to you as you register.

If you have any questions, contact Sandy at: sandyjfreeman104@gmail.com or at 613-225-2940

Transportation:

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

Central Club: Gill Hyland – ghyland2@cogeco.ca Tel: 613-267-5756

Kingston: Sharen Yaworski - sharenann@gmail.com Tel: 613-544-6022

Ottawa: Sandy Freeman – SandyjFreeman104@gmail.com Tel: 613-225 2940

Participants' Responsibilities

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

Levels of Difficulty

Hiking/Snowshoeing

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

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

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



A truly signature winter experience, The Calabogie Snow Shoe is a trek designed for everyone who likes the great outdoors, hiking and adventure. With your guide, travel to the top of Dickson Mountain by chairlift and begin your journey by walking on the Skywalk trail – a path enriched with breathtaking views of the Ottawa Valley. The trail follows wide open rock ridges and a path through a forest of red oaks and white pines. The trek concludes with a walk down the mountain toward the twinkling lights of the skating pond and resort lodges.



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Open weekends at the top of the mountain.



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SPRING 2017 Issue 183

Rideau Trail Association

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

Telephone:

Kingston and RTA: (613) 545-0823

Central: (613) 267-5756

Ottawa: (613) 860-2225

Web Page: www.rideautrail.org

Electronic Mail: info@rideautrail.org

Webmaster: **Paul Galipeau** (613-255-8760)
web@rideautrail.org

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

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

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

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Editors for this issue: John Cornish, Jane Moore, Kingston

Summer Newsletter **DEADLINE: May 01, 2017**

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

Send material directly to Ottawa editor:

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

RIDEAU TRAIL ASSOCIATION is a
member of HIKE ONTARIO

Follow us!



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Membership Director (613) 544-3110	Sheila Menard, Kingston sushe@sympatico.ca
Trail Coordinator: (613) 373-2847	Jim Lorimer, Kingston lorimerjd@gmail.com
Marketing/Communications: (613) 255-8760	Paul Galipeau (Ottawa) pgalipeau@gmail.com
Newsletter Editors:	
Ottawa: 613 422-1318	Steve Kelly, Ottawa stkelly@rogers.com
Kingston: (613) 382-4778	John Cornish, Gananoque cornish@kos.net
Club Chairpersons:	
Ottawa: (613) 843-8222	Denise Hall, Ottawa rebeccahall@rogers.com
Kingston: (613) 544-6022	Sharen Yaworski, Kingston sharenann@gmail.com
Central: (613)-267-5756	Gill Hyland Perth ghyland2@cogeco.ca
Club Representatives:	
Ottawa: (613) 225-8770	Brian Grant, Nepean brian_grant@sympatico.ca
Kingston: (613) 283-8985	Bill Ottney, Smiths Fall wottney@cogeco.ca
Central: (613) 466-0417	Jack Tannett, Perth jtannett@cogeco.ca

MEMBERSHIP RENEWAL/ORDER FORM is on Page 16 OR

You can renew or order things online :

www.rideautrail.org

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- and your forgetful buddy!*

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KENYA WALKING SAFARI

July 9 to 21, 2017

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

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



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.)



What makes our trips so special?

Here is why 70% of our guests come back again and again -

1. First & foremost - spectacular destinations!
2. Competitive prices with no surprises or hidden costs
3. "Comfortable" accommodations (3-star plus)
4. Personalized service and attention to each & every guest
5. Special extras on every trip so you get a real taste of the country & culture you are in
6. Added perks like Hiking Clinics, Travel Nights, Hiking Buddy & Trailblazer Rewards Programs

COMING IN 2018

**Norway * Amalfi Coast (Italy)
Provence & Cote d'Azur (France)
Ireland * Camino de Santiago (Spain)
Corfu (Greece) * Iceland
Canadian Maritimes * Japan
AND MORE!**

TICO # 50018498

CAPE BRETON HIGHLANDS :cont'd from pg 29

And diving at all levels of experience, complete with wrecks filled with gold and silver treasure. The French ship L'Auguste, wrecked in Aspy Bay in 1761, and the second largest treasure ship ever discovered in Canadian waters, to date has yielded well over 12,000 silver Spanish dollars (pieces of eight) and hundreds of gold coins. Take a walk along Middle Harbour beach after a storm and try your luck. And on your way, don't miss Canada's first officially designated heritage lighthouse in Dingwall.

A car is a must, but as many of the trails are loops, unlike our Rideau Trail or Newfoundland's East Coast Trail, transportation is not really an issue.

Accommodation is plentiful, ranging from the wallet-busting Keltic Lodge to numerous bed and breakfasts.



MEMBER'S CORNER:

- Need help with hiking needs?
- Looking for partners for a hiking project?
- Got something relevant to sell or trade?
- Have comments?

Send the Newsletter Editor an email with the details and we'll see if it can be worked into a spot. (No guarantee, though: depends on room.)

Here's one:

Selling Slightly Used Canoe

15' Ultra- Glass Kevlar
Algonquin Prospector Canoe by Holy Cow
Weight 55 lbs, colour yellow
Asking \$500.00

contact Gill Hyland for more info.
613-267-5756 / ghyland2@cogeco.ca

KINGSTON CLUB ACTIVITIES - SPRING 2017

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

See “Levels of Difficulty and Participants’ Responsibilities” on Page 6
If in doubt about your ability to cope with the outing, call the leader in advance.

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

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

WEDNESDAY WALKERS

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

AMAZING LINE-UP OF SPECIAL EVENTS

We’re celebrating Canada’s 150th Birthday !
In addition to our regular hikes and other fun activities, the Kingston Club has organized a number of special events you will want to include on your calendar.

Annual Maple Sugar Bush Outing March 25
Always a great way to welcome Spring!

Kingston Annual General Meeting April 26
Ongwanada Resource Centre - learn about your Club and meet your fellow hikers!

Geo-caching Hike April 29 Jane and Robert Hough will be speaking on this subject at the Kingston AGM on April 26, and helping you find some caches on the 29th. You do not need previous experience to participate!



Sir John A Memorial Cycle Series:

April 2, April 9, May 28 Ride the route Sir John A travelled as his body was returned to Kingston after he died in Ottawa in 1891 and was buried in the Cataraqui Cemetery.



Canada 150 Hiking Triad: From Raymond’s Corners to Westport in 3 lovely hikes: May 7, May 27, June 3



Rideau Trail Tribute to our first Prime Minister: May 20 :
an easy fun-for-all walk to Sir John A’s grave site, followed by a proper social celebration and libation.
Come in costume, if you feel the spirit!



Amazing Places Series: Starts April 22
Join John Cornish on his C-150 series of hikes to a whole lot of the designated “Amazing Places” of the Frontenac Arch Biosphere Region. Our “Marble Rock Blue Trail” is one of them! The series will continue through the summer too.

MORE TO COME!

There will be even more celebration events over the summer, so keep posted. **AND: Don’t forget to work on your C-150 Challenge! (See page 3)**

CLUB ACTIVITIES

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 or sharenann@gmail.com

Saturday March 11

Little Cataraqui Conservation Area

Level 1, easy pace, ~8 km. Enjoy the spring thaw and maple syrup activity. Come prepared for some wet and muddy sections. Outing suitable for families. Depart CT at 10 am. Gas \$2 plus park fee. Bring lunch and hot chocolate/coffee/tea available at Education Centre

Leader: Audrey Sanger 613 384 6244

Sunday March 12

Full Moon Walk

Level 1, easy pace, 4 km. Enjoy a moonlit walk along the water from Lake Ontario Park to Portsmouth and return. Bring a flashlight, just in case. Meet at Park Pavilion at 7 pm. Leader: Audrey Sanger 613 384 624

Rideau Trail Closed

Tuesday, March 14, 2017

Please stay off the Trail this day.

More info: Pg. 14

Saturday, March 18

Spring Pot Luck Social

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. There is a minimal charge of \$3 per person at "sign in" towards room rental fee. RSVP: Linda Line 613-531-4353

Sunday March 19

Cataraqui Trail

Level 1, moderate pace, 16 km., Chaffey's Lock from Hwy 15 and return. Good for new hikers. Lunch at the locks. Depart CT at 9 am. Gas \$4. If you can meet the group at CT on behalf of the leader, please call! Leader: John Cornish 613 382 4778

Saturday March 25

Maple Sugar Bush Outing

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

Leader Stan Huff 613-548-3003

Sunday March 26

Gould Lake CA East Side

Level 3, moderate pace, 10 km. Hike the scenic and hilly east side trails with beautiful views of the lake from rocky outcrops. Depart CT at 9 am. Gas \$3 plus park fee.

Leader: Ann Wilson 613 531 9873

Saturday April 1

Return a Favour to Nature

Winter is over, time for spring clean up so let's clean and hike. RT will supply the plastic gloves and garbage bags. We will start at Sydenham Road parking lot as it always has rubbish, then we will hike down thru the cemetery, to the old trail head. Hike will be followed by some social time and refreshments at Portsmouth Village. Meet at Cdn Tire at 10 am. We will leave cars at trail head and then shuttle to Sydenham Road. No this is not an April Fool's joke but please feel free to come with some good jokes to pass on, and a lunch and water.

Leader: Sharen Yaworski 613 544 6022



Sunday April 2

Sir John A Memorial Cycle (1st of 3)

Level 1, moderate pace, 24 km. Ride from Sydenham Rd. to Merton Rd and return, remembering this is the rail route our first Prime Minister traveled back to Kingston after his death in Ottawa in 1891. Meet at Sydenham Rd and K&P RailLine to depart at 9:30 am.

Leader: Peter Burbidge 613 634 1877

Sat April 8

Tetsmine & Hemlock Lake Loops

Level 2-3, moderate to fast pace, 17 km. Entering Frontenac Park from Kingsford Dam, hike south through budding deciduous forests to form a Figure 8 on these two rugged trails.

**** Problematic snow and ice on the trails can't be predicted, so please contact the hike leader the day before to ensure the hike will go ahead. If the trails aren't safe, the hike will be cancelled. Once you have confirmed the hike, meet at CT at 8 am. If you want to go directly to the trailhead, call the leader the day before for time and location. Gas \$5.**

Leaders: Nancy Hunter
nancynelles@gmail.com 613-372-2157 and Miu Lam
ymiu.lam@gmail.com
613-544-6201



Sunday April 9

Sir John A Memorial Cycle (2nd of 3)

Level 1, moderate pace, 40 km. Ride from Merton Rd to Verona and return, remembering this is the rail route our first Prime Minister traveled back to Kingston after his death in Ottawa in 1891. Meet at Merton Rd and K&P RailLine to depart at 9:30 am.

Leader: Peter Burbidge
613 634 1877

Tuesday April 11

Full Moon Walk

Level 1, easy pace, 4 km. Enjoy a moonlit walk along the water from Lake Ontario Park to Portsmouth and return. Bring a flashlight, just in case. Refreshment stop. Meet at Park Pavilion at 7 pm.

Leader: Audrey Sanger 613 384 6244

Sunday April 16

Elbow Lake Environmental Education Centre (ELEEC)

Level 2, moderate pace, 8-10 km. A spectacular hike to Spectacle Lake, with permission from ELEEC. Check out their website -

<https://elbowlakecentre.ca> Meet at CT to depart at 9 am. Gas \$3.

Leader: Ray Wilson 613 382 7189

Wednesday April 19

Big Salmon Loop Frontenac Park

Level 2, moderate pace, 19 km. Circle the lake, enjoying the low valleys, and high vistas over the lake. Lunch at superb lookout. Depart CT at 9 am. Gas \$4 plus park fee. Leader: Ann Wilson 613 9873



Saturday April 22

"Amazing Places"

Series Marble Rock

We'll begin this series with an outing along our "Amazing" Marble Rock trails, surrounded by Spring flowers on the cliffs and forests of this diverse eco-miracle. (Do I sound biased?) Level 2-3 with some serious hills, 13 km. Depart 9 am.. Gas \$4. If you can meet the group at CT on behalf of the leader, please call.

Leader: John Cornish 613 382 4778

Sunday April 23, Gould Lake

Level 3, moderate to fast pace, 13 km. Hike north on the Mine Loop trail to Point Spur, then bushwhack along some dry ridges skirting a

large, lively marsh. Connect with the Rideau Trail and head north to complete the splendid RidgeWalk. This will be a spring-scented, flower-filled and bug-free excursion. Depart CT at 8:30. Gas \$3 plus shared park fee, RT map #4.

Leaders: Lynn Esau

esaulynn@gmail.com 343-363-0384, and Miu Lam ymiu.lam@gmail.com 613-544-6201

Wednesday, April 26, 2017 46th Annual General Meeting, Rideau Trail – Kingston Club

Ongwanada Resource Centre,
Auditorium 191 Portsmouth Avenue
(next to KFL&A Public Health)

Free parking on site

6:30 pm Registration, Social Time

7:00 pm Business Meeting

8:00 pm **Guest Speakers:**

Jane & Robert Hough

"A Passion for Geocaching"

8:30 pm Door Prize Draw &
Refreshments

9:00 pm Adjourn

Saturday April 29

Rideau Trail Geocaching Hike

Level 1, easy pace, about 7 km. Join us for a leisurely hike on the K&P and Rideau Trails as we explore the hobby of geocaching. This hike will provide participants who wish the opportunity to test their skills in finding a few cache containers, plus an Earthcache. We will be exploring the area between Burbrook Road and Unity Road. Bring your lunch, and we will attempt to have some extra GPS units for members to use. Option for extension of hike at the end of the day. Meet at CT at 9:30 am. Gas \$2.

Leaders: Robert and Jane Hough 613 373 2268

Sunday April 30,

Small Slide Lake Loop Level 3, moderate to fast pace, 14 km.

Setting out from 6767 Perth Rd, we'll hike this rugged trail counterclockwise through mixed hardwood and a vast network of granite outcrops. Enjoy lunch and a spectacular view near Whalesback. Depart CT at 8 am. Gas \$4.

Leaders: Lynn Esau

esaulynn@gmail.com 343-363-0384 and Nancy Hunter nancynelles@gmail.com 613-372-2157.

Saturday May 6

Frontenac Park

Level 2, moderate pace, 15 km.

"Amazing Places" series continues

Mink Lake Lookout, highest point in Frontenac Park. Hike via Big Salmon Lake Trail, returning on the Dedication Trail (north loop). Depart CT 9 am. Gas \$4 and share park fee. Leader: John Cornish 613 382 4778



Sunday May 7

Canada 150

Triad from Raymond's

**Corners to Westport (Hike #1 of 3)
Skycroft Access to Maple Leaf Road**

Level 3, moderate pace, 17 km.

Beautiful section with many ups and downs. Meet at Maple Leaf Road at 9 am. Arrive at starting point able to take 2-3 extra people for the shuttle. RT Map 05/06 Contact leaders if you need a ride from Kingston.

Leaders: Gunhild Karius

karius1@cogeco.ca or Bill Ottney 613-858-3183

Wednesday May 10

Full Moon Walk

Level 1, easy pace, 4 km. Enjoy a moonlit walk along the water from Lake Ontario Park to Portsmouth and return. Bring a flashlight, just in case. Refreshment stop. Meet at Park Pavilion at 8 pm.

Leader: Audrey Sanger 613 384 6244

Thursday May 11**Bayridge Linear Park**

Level 1, easy pace, 5 km. Walk along this residential walkway for a pleasant evening stroll from Bayridge Plaza to Woodbine Park and return. Meet in front of the Metro Grocery Store at the NW corner of Bayridge Drive and Taylor Kidd.

Leader: Elgin Bock 613 389 4216

Sat May 13 RIDEAU TRAIL ASSOCIATION AGM:

Link O Tay Golf Club , PERTH
.....details Pg. 6

Saturday May 13**Catarauqui Trail**

Level 1, moderate pace, 14 km. New hikers welcome on this easy outing. Hike the Catarauqui Trail from Harrowsmith to Sydenham and return. Lunch stop at Restaurant or bring your lunch. Gas \$3. Depart CT 10 am. RT Map #03.

Leader: Stan Huff 613-548-3003

Saturday May 13**Saturday May 13 Cycle Amherst Island**

Level 2, moderate pace, about 20 km. Meet at the ferry dock in time for the 9:30 am. ferry. Enjoy a leisurely ride around the island. See the wild flowers on our cycle. Bring your lunch and water. Ferry fee \$1.50.

Leader: Pat Casey 613 385 2356

Sunday May 14**Charleston Lake Blue Mountain Summit**

Level 2, moderate pace, 8-10 km. Hike to a panoramic lookout. Meet to depart Can. Tire 9 am. Gas \$6
Leader: Ray Wilson 613 382 7189

**Saturday May 20****Rideau Trail Tribute to Our First Prime Minister**

Level 1, easy pace, 11 km. Walk from the old Trail Head on King Street

West, up to Sir John A's gravesite, pay tribute with some history and trivia of Sir John A's time. We will then head back to the cars and drive to the Portsmouth for a "wee dram" in honour of our first PM, and maybe a late lunch. It would be fitting to wear some period clothes seen in Sir John A's time. How about a Top Hat?? Meet at 10 am at the Trail Head on King St. (opposite Commodore's Cove)

Leaders: Sharen Yaworski 613 544 6022 and Audrey Sanger 613 384 6244

Wednesday May 24**Cedar Lake Loop Frontenac Park**

Level 2, moderate pace, 15 km. Hike this loop enjoying the many ponds and boardwalks with the chance of seeing some white tailed deer (if we walk quietly!!). Depart CT at 9 am. Gas \$4 plus park fee. Leader: Ann Wilson 613 531 9873

Thursday May 25**Lemoine Point Ramble**

Level 1, leisurely pace, 5 km. Enjoy an evening walk along the shoreline trail with chances of seeing chickadees, ducks, geese, woodpecker, and maybe even a white tailed deer or an owl. Meet at the north parking lot off Coverdale for a 6:30 departure.

Leader: Elgin Bock 613 389 4216

**Saturday May 27****Canada 150 Triad from Raymond's Corners to****Westport (Hike #2 of 3)**

Bedford Mills to Skycroft Access Level 2, moderate pace, 15 km. Hike the bush trails and the railway. Meet at Skycroft access at 9 am. Arrive at starting point able to take 2-3 extra people for the shuttle. Contact leaders if you need a ride from Kingston. RT Map #06.

Leaders: Gunhild Karius karius1@cogeco.ca or Bill Ottney 613-858-3183

**Sunday May 28****K&P Sir John A Memorial****Cycle (3rd of 3)**

Level 2, moderate pace, 44 km return (with optional shorter turnarounds for some). Cycle from Verona to Tichborne along some remote sections of the rail line enjoying the forests and lakes with no real hills! Ride the route Sir John A travelled as his body was returned to Kingston after he died in Ottawa in 1891 and was buried in the Catarauqui Cemetery. Meet at Verona at MOMs restaurant at 9:30 am. Leader: Audrey Sanger 613 384 6244

**Saturday June 3****Canada 150 Triad from Raymond's Corners to****Westport (Hike #3 of 3)**

Lions Beach to Bedford Mills Level 3 moderate pace, 16.7 km Ride our new and improved ferry. Meet at Bedford Mills Church at 9 am. Arrive at starting point able to take 2-3 extra people for the shuttle. Contact leaders if you need a ride from Kingston. RT Maps 06/07. Optional post-hike refreshment stop at The Cove Inn.

Leaders: Gunhild Karius karius1@cogeco.ca or Bill Ottney 613-858-3183

Sunday June 4**Amherst Island Cycle Level 2,**

moderate pace, 20-40 km depending on the participants' interests. Enjoy the pastoral ambiance of the island and the ride along the waterfront. Meet and park at the Millhaven Ferry Dock in time to depart on the 8:30 am. Ferry. Leader: Audrey Sanger 613 384 6244

**Saturday June 10****"Amazing Places" Series**

Four sites, 3 Amazing Places all "corralled"

together along the Rideau Canal in

one day. Hike Rock Dunder in morning (8 Km., moderate pace, Level 1-2) , lunch and exploration at at Jones Falls, then short excursions to Lower Brewer's Mills Lock and Haskin's Point (Seeley's Bay) on way home. Includes ice cream stop. Gas \$6, depart CT at 9:00 a.m.
Leader: John Cornish 613 382 4778

Sunday June 11

Cape Vincent and Tibbits Lighthouse

Level 2, moderate pace, ~40 km. Cycle around Cape Vincent and enjoy the sights, ending up at Tibbits Lighthouse. Meet at the Wolfe Island ferry dock for the 9:30 am. ferry. Bring lunch and water. Ice cream stop on the way back. Be sure

to bring your **passport** and money (\$2.50) for the ferry to Cape Vincent.
Leader: Pat Casey 613 385 2356

Sunday June 11

Slide Lake Loop Frontenac Park

Level 3, moderate pace, 14 km. This is one great hike, as you will enjoy the wonderful scenery including waterfalls, lookouts, and mica mines. While challenging, it is a rewarding experience. Depart CT at 8:30 am. Gas \$4
Leader: Ann Wilson 613 531 9873

Saturday, June 17

Westport Ramble & "Fish Fry" Dinner

Level 1, easy pace, 5 km. Enjoy an afternoon exploring the village of Westport and all the area has to

offer. Self-guided tour. Followed by a **"Fish Fry"** dinner at The Lion's Club Beach Meeting Hall. Dinner starts at 5 pm. Ticket \$15. Reserve by June 12. Pay for dinner at event. Depart CT at 11 am. Gas \$6. Leader: Linda Line 613 531 4353

Directions to Lion's Club Beach Meeting Hall

In Westport, continue west on Concession Street (Highway 42), then left on Bedford for a short distance to Beer Store (Mountain Rd), right on Mountain Rd, over causeway, abrupt left into Lion's Beach at base of mountain.

**Recent Donations
to the Rideau Trail Association.
Thank you for your kind support!**

In Memory of Margaret Page

Bob & Wilma Chadwick
John & Elizabeth Harrison
Linda Line
Eleanor Porteous
Dukke van der Werf
Cécyle Trépanier & Konrad Wolf

Other Donors

Jim & Eleanor Brooks
Bob & Wilma Chadwick (in memory of Bill Grant)
Elizabeth Choro
Marcia Cory
Lawrence Erion

Elizabeth Hamacher
Ruth Hutchinson
Robert Lantos
Virginia MacLatchy
Sheila McKinnon (in memory of Debbie McKeown)
M.J. Moore
Pedro Mundo
Elinor Gill Ratcliffe, C.M., O.N.L., LLD(hc)
Robert & Morag Van Tongerloo
Peter & Lorraine Watson

A special Thank You to Dr. Sukriti Nag, who has committed a very generous sum over 4 years to support Trail Maintenance in the Kingston Club segment.

RIDEAU TRAIL CLOSED

Tuesday, March 14, 2017

The Rideau Trail, *where it crosses private land*, will be closed on this day. This action is necessary to protect the landowners who allow us to cross their land the remainder of the year. The RTA would like to thank all landowners for their generosity. Please take care not to trespass on this day.

RECENT NEW MEMBERS:
We welcome you to the Rideau Trail Association!

CENTRAL CLUB:

Karen Beaupre
Jim Connell
Janet & William
Eckersley
Lawrence Erion
Laurie Clavette &
John Fenik
Brenda Ferguson
Brian Caughey &
Janice Gautreau
Rodney & Heather
Payne
Graeme & Helen
Rutledge
Lauren Walton

KINGSTON CLUB:

Helene Brillon
Jim & Eleanor Brooks
Chantaille Buczynski

John Cruickshank
Sean Dempsey
Chris Gaines
Patti Groome
Dave Hallett
Susan Howlett
Bruce & Linda
Hutchinson
Brian Killins
Victoria Kirton
Kristina Dine &
Brett Kolankowski
Susan Long-Poucher
Lochlan & Joanne
Magee
Mona Melbourne
Nicole Pedley
Peter & Catherine
Schenk
Larry Struthers
Kathy Suffel

Tracy Campton

NON-AFFILIATED:

Fred Douglas
Ryan & Sarah Duncan
Suzanne Field

OTTAWA CLUB:

Diane & Ray Bérubé
Sonja Eicher
Lianna Cousins &
Sandra Ginnish
Timothy & Prem
Grainger
Robert Hanson
Adriana Hoselton
Donald Lemieux
Janet K. MacKay
Bette Madigan
Mark Malick
Jim & Anne Martin

Ciaran Browne & Alex
Mazur
Sandy & Michael
McDonald
Mills Meng
Pedro Mundo
Audrey Nowack
Guillaume Proulx
Tracey Hammond
& Deryk Ryan
Sidney Smallwood
Joanne Glaser & Scott
Smith
Ron & Lyn St-Jean
Erika Cleroux & Luc
Sylvestre
Michelle Utting
Meg McCallum &
John Welsh
Stephen Yates
Lisa Yssaad

IN MEMORIAM

We have lost three valued friends of the Association:

Ottawa Club: Robina Bennett

Kingston Club: Bob Gordon and Margaret Page

Robina Bennett, a long-time member of the Wednesday Walkers of the Ottawa Club, died in December, 2016. The Wednesday Walkers outings were always in Gatineau Park, and Rob took part in both the spring, summer and fall hikes, and the winter ski outings.

She had an outstanding knowledge of plants - both flowers and trees - and she cheerfully and patiently taught the rest of us, even if she had told us the same name the week before. She also went on week-long outings, winter and summer, to the Laurentians, the Adirondacks and the Appalachian Trail.

We will miss her, especially when we're in the woods and saying 'What IS the name of that flower?

— *her friend, Pearl Peterkins*

Bob Gordon was an active hiker and skier with the Kingston Club, always cheerful company. He turned up for work parties on the Trail, volunteered with several other Kingston organizations and was valued as a singer over the years with several groups.

He will be best known for his many years as the Kingston Newsletter Editor, serving close to a decade in that position. Bob died this February.

Margaret Page was a long-time member and supporter of the Kingston Club, always active with the social events, hosting many at her home, and regularly participated in the Winter Ski Weekend. She served as Secretary on the Club Executive. Along with her husband, John, Margaret maintained the section of trail from Foley Mtn. to Narrows Lock: they loved doing maintenance so they could be accompanied on the Trail by their beloved dog.

Membership Application

*** Help Preserve the Legacy! *** The Rideau Trail Association (RTA) is committed to preserving one of Ontario's oldest and longest continuous footpaths, and encouraging use of its trail system through nearly 400 km of scenic beauty between Kingston and Ottawa.		Benefits of membership include the following: Quarterly newsletter with articles and event listings; Retail discounts; Voting rights for local Club and Trail business, and The knowledge that you are supporting and protecting this world-class treasure.	
Individual Membership (age at least 18 years) ☐ One year \$25.00 ☐ Two years \$45.00 Household Membership (2 adults, 1 address) ☐ One year \$40.00 ☐ Two years \$75.00 ☐ Car Sticker (free to new members) \$1.00 ☐ Cloth embroidered crest \$2.50 ☐ RTA Hiker Name Pin (Print clearly please.) \$7.00		() 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.	
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)		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): _____			

" WHERE EVERYONE KNOWS YOUR NAME"

That's the way it should be on RTA Hikes - a "Feel-at-Home" place.

Help it happen by getting a Rideau Trail Name Pin : Just seven bucks, delivered!
Use order form above, or order on-line at RideauTrail.org

CENTRAL CLUB ACTIVITIES - SPRING 2017

Meeting Place: for all Central Club hikes, unless otherwise specified, the meeting place is Conlon Farm in Perth. To reach Conlon Farm, take the main street (Gore) southeast through Perth to County Road 10 (Scotch Line), turn right towards Westport, then turn at the 4th side street on the right (Conlon Drive) and proceed to the Conlon Farm parking area. For those of you using GPS the postal code is K7H 0A3. When carpooling, the amount quoted for gas is a suggested voluntary contribution. Fees for parking and entry to parks and conservation areas are shared among the driver and passengers. For more information on each event, please call the leader.

Please read the Hike Levels of Difficulty and Participants' Responsibilities (Pg, 6)

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

Accessible Hikes: Recently, it was brought to our attention that folks who used to hike and take a leading role in our club are no longer able to do so. We were asked to provide occasional trips for our less mobile members. So, there will be outings to areas where walkers and wheelchairs can be used – short distances with perhaps a picnic lunch. Let's celebrate these members and not forget how much they've given to our organization.

Be prepared: For each outing, please ensure that you carry your health card, I.D., emergency phone numbers and if necessary a list of medications you take. In addition bring water and a snack, bug spray, sunscreen etc. as required.

Active Farmland: Please be aware that parts of the Central Club route cross active farmland where farm animals may be in the fields. Proceed with caution and use your best judgement in either staying on the trail or changing your plans.

Maintenance Mornings: Our Trail Maintenance Leaders, Jack Tannett and Peder Krogh, are anxious to keep the trail in tip top condition. Please come and help out with a variety of chores from pruning to boardwalk repairs. For details and what to bring contact:

Jack Tannett, jtannett@cogeco.ca 613 466 0417

Saturday, April 8

Central Club Annual General Meeting:

Perth Legion, 26 Beckwith St. E, Perth , 10:00 A.M.

There will be 2 slide presentations: Robert Groves and Marianne Lods on hiking the Camino, and The Orienteering Championship (in Perth this summer) starting about 11 am.

Marianne Lods (cycling) and Robert Groves (hiking) will present a picture tour of their trek from Le Puy to Lacoste. They have been travelling in stages the "Le Puy" route of the French Way of St. James (Camino de Santiago). Pilgrims began hiking this route in about 900 AD from the town of Le-Puy-en-Velay (near Lyon) to Jean-Pied-de-Port (the French side of the Pyrenees)

Enjoy your own bag lunch 12:30pm -1:15pm. Coffee, tea, juice and treats provided.

Accessible hike on the Rideau Trail starts at 1:30 pm from the Legion.

Hope to see everyone there to meet the executive and find out more about the Club.

The Wednesday Wanderers:

These are shorter, more leisurely hikes for those who want a mid-week stretch and a breath of fresh air.

Details are sent out each Monday by email. Contact: Margaret LaFrance mulafrance3@cogeco.ca

613 466 0403

CENTRAL ACTIVITIES SCHEDULE

Sunday, March 5

Foley Mountain

Level 2, moderate pace, 8-10km.
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, 6-8km.
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,
yvonnekennedy@gmail.com 613 267-9817

Rideau Trail Closed

Tuesday, March 14, 2017

Please stay off the Trail this day.
More info: Pg. 14

Sunday, March 19

Manitou Mountain Trail, Calabogie

Level 3, moderate pace, 10km.
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 am.
Leaders: Howard and Mary Robinson, hmrob@storm.ca 613 256 0817

Saturday, March 25

Morris Island

Level 1, moderate pace, 8km. Morris Island Conservation Area, near Fitzroy Harbour is managed by the Mississippi Valley Conservation Authority. It boasts ancient, majestic trees and shoreline landscapes rem-

iniscent of the Group of Seven paintings. Gas \$6 Park fee. Depart Conlon Farm 9:00 a.m.

Leader: Janet Conboy,
janeyboy@gmail.com 613-326 1438

Saturday, April 1

Rideau Trail Round Lake Loop

Level 2, 12km. Moderate pace. Come and enjoy the quiet of the spring woods in Murphys Point Park and beyond. Gas \$2 Depart Conlon Farm 9:00am
Leader: David Batchelor,
dlhbatchelor@gmail.com 613 264 1559

Sunday, April 2

Maintenance Morning.

Come out and help give the trail a spring brush up. For details contact: Jack Tannett jtannett@cogeco.ca 613 466 0417

Saturday, April 8

Central Club Annual General Meeting at the Perth Legion.

See details at the front of the Central section.

TWO FEATURE PRESENTATIONS!

The meeting will be followed by our first "accessible hike" along the Rideau Trail from just outside the Legion's doors.

Leader: David Batchelor
dlhbatchelor@gmail.com 613 264 1559

Sunday, April 9

Mill of Kintail Conservation Area

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

Tuesday, April 11

Hike Leaders Planning Meeting

Please think of outings that you'd like to lead over the summer and bring your ideas to our meeting at The Batchelor's home at 7pm. Contact Pat if you are not able to attend. patbatchelor13@gmail.com 613 264 1559

Saturday, April 15

Rideau Trail McLaren Lake Road to Last Duel Park * note departure point

Level 2, 15.4km, moderate pace. Hike along one of the most scenic sections of the Rideau Trail starting at McLaren Lake Road and ending with a stroll through Perth to Last Duel Park. RT map #10 Gas \$2 Car shuttle Depart Last Duel Park 9 a.m.
Leader: David Allcock,
daveonottylake@gmail.com 613-706-3562.

Sunday, April 23

Rideau Trail Lally Homestead to McLaren Lake Road

Level 2, 14.6 km, moderate pace. We'll walk from Lally Homestead (RTmap ref. 9B) in Murphys Point Park to McLaren Lake Road (10A), a mix of rugged shield, forest and road. Car shuttle. Gas \$2 Depart Conlon Farm 9am
Leader: Jack Tannett
jtannett@cogeco.ca 613 466 0417

Sunday, April 30

Tetsmine Loop, Frontenac Park

Level 2, 12 km, moderate pace. A great trek in the spring with a nice mix of trail types and a crossing of Moulton Gorge. Gas \$5 Depart Conlon Farm 9:00am
Leader: Brenda Ethier
brendaethier@ripnet.com 613-267-6141

Saturday, May 6

Maintenance Morning

Calling all members: come and help give your trail a spring clean. For details contact:

Jack Tannett jtannett@cogeco.ca
613 466 0417

Sunday, May 7

Forest Bathing along Sylvan Trail, Murphys Point Park

Level 1, 8 km., slow pace. The scenic Sylvan Trail winds through a mature hardwood forest typical of the southern Canadian Shield, a perfect place for forest bathing. Don't know what that is? Come on the hike and find out. Gas \$2 Depart Conlon Farm at 9am.

Leader: Gill Hyland,
ghyland2@cogeco.ca 613 267 5756

Saturday, May 13

Rideau Trail Association

Annual General Meeting

Links O'Tay Golf Course, 141 Peter Street, Perth.

See details on Pg .6

Afternoon hike: level 1, 5-6km. around the Point and Sylvan Trails in Murphys Point Park with Nancy Gaudreau ndgaud@gmail.com
613 390 9532

Saturday, May 20

Paddle the Tay Canal from Last Duel Park

Level 1, 12 km. Enjoy a leisurely canoe or kayak trip down the canal and see birds and wildlife from the water. Bring safety equipment and life jackets. Depart from the docks at Last Duel Park at 9am.

Leader: Carol Richardson,
en660ca@yahoo.ca 613 264 7608

Sunday, May 21

Rideau Trail Long Lake to Miner's Point Road

Level 2+, 14km, moderate pace. Starting at Long Lake Road (RT map ref. 09D) we will hike on a woodland trail through Murphys Point Park and

then into a more challenging wet-land wonder with various beaver dam crossings, ending at Miner's Point Road (08G). Bring bug spray! Car shuttle. Gas \$2 Depart Conlon Farm 9am.

Leaders: Howard & Mary Robinson,
hmrob@storm.ca 613 256 0817

Saturday, May 27

Rock Dunder

Level 2, 6 km. Moderate pace. Come and visit a perennial favourite. Enjoy the shady woods and rocky crags as you climb to the summit for the grand views all around. Donations to the Rideau Waterway Land Trust would be appreciated to help with trail maintenance. Afterwards, visit Jones Falls where ice cream will be on offer at the snack shop. Depart Conlon Farm 9am, gas \$5

Leader: Janet Conboy,
janeyboy@gmail.com 613-326-1438

Saturday, June 3

Maintenance Morning

Come out and help give the trail some TLC.

For details contact: Jack Tannett,
jtannett@cogeco.ca 613 466 0417

Sunday, June 4

Mill Pond Conservation Area

Level 2, 6+km. Moderate pace. Enjoy early summer in the woods and by the water as we walk the scenic Mill Pond trails. Depart Conlon Farm 9am. Gas \$3

Leader: Tom Pearcey,
tom.pearcey@yahoo.ca 613 284 1294

Saturday, June 10

Jones Creek trails, Mallorytown

Level 1, 10 km. Moderate pace. Part of the Thousand Islands National Park, Jones Creek boasts a variety of interesting trails. Don't forget your "150" park pass if you have one. Depart Conlon Farm 9am, gas \$6, park fee.

Leader: Yvonne Kennedy,
yvnkennedy@gmail.com 613 267-9817

Saturday, June 17 10:30 am.

Rideau Trail Bedford Mills & "Fish Fry" Dinner * note departure time

Level 2, 10- 12km. moderate pace. We will follow the Rideau Trail northwards from St. Stephen's Anglican Church in the historic village of Bedford Mills. The Trail is rugged and undulating as it winds through hardwood forests and along the picturesque McAndrews Road. This is an out-and-back hike, with lunch along the way. Gas \$4. Depart Conlon Farm - The hike will be followed by an optional "Fish Fry" dinner at the Lion's Club Beach Meeting Hall. Dinner starts at 5pm. Reserve dinner tickets (\$15) no later than June 12 by calling Howard and Mary Robinson. Tickets will be held in your name and must be paid at the Lion's Club on the day of the event.

Leaders: Howard & Mary Robinson,
hmrob@storm.ca 613-256-0817

Saturday, June 24

Linda's Loop * note departure time

Level 3, 15.6km, moderate pace Hardier hikers will want to come and explore these magnificent wilderness trails located less than an hour from Perth in North Frontenac Township near Crotch Lake. A strenuous trek along beautiful, rugged trails with beaver dams. Be prepared for a challenging trip if the weather is poor and bugs are bad. Gas \$5 Depart Conlon Farm at 8:30am.

Leader: Jack Tannett,
jtannett@cogeco.ca 613 466-0417

Hey, have you renewed your membership?

**Do it on-line : *RideauTrail.org*
- *or*: use form on Pg. 16**

Introduction to Hiking – Saturday, May 6, 2017 Nepean Sportsplex, 1701 Woodroffe Avenue, Ottawa

For Beginning Hikers

Do you have friends, family members or acquaintances who would like to start hiking but are uncertain about what's involved?

We have a solution for you: suggest that they sign up for the Ottawa Club's Introduction to Hiking. Ideal for folks who have expressed the desire to go hiking but need an orientation to give them the confidence they need to get started.

We're offering it just in time to start the hiking season. Register early, as the course fills up.

Full-day course for new hikers and those interested in tips to make hiking safe and enjoyable. Topics include hike planning, preparation, packing, outfitting and on-trail procedures, plus an orientation to hiking with a guided group. The day includes a short hike to practice your new skills.

\$60 for RTA members, \$85 for non-members (includes one-year RTA membership). Tell your friends!

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

Spring Waterfall Hikes and Contests!

By Dave Audette

Spring brings melting snow and overflowing waterfalls. This spring the Ottawa Club will be offering a series of hikes that include more than a dozen waterfalls. Come out and see them at their best! (See Ottawa Activities Calendar for full details of upcoming hikes, marked with this icon:



Brass compass award

A prize (a brass compass) will be awarded to the person completing the most number of our scheduled waterfall hikes. Be sure to keep a record of your hikes. In the event of a tie, the person who completes them first will be the winner.

Waterfall photo contest

In addition, there will be a prize for the best photo taken on one of the scheduled waterfall hikes. The photos will be uploaded to the RTA Facebook page (<https://www.facebook.com/rideautrail/>), where the "Likes" will be tallied to create a short list of the favourites. Then everyone attending the RTA get-together at the Royal Oak Centrepont on the evening of June 8 will be able to vote for the winner.



PHOTO: STAN ROSENBAUM

OTTAWA CLUB ACTIVITIES - SPRING 2017

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

Please Read "Participants' Responsibilities and Levels of Difficulty" (page 6) for details.

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

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

Call the NCC's number first. They can help first responders reach you quickly, because they know your location. Note: the number is on the back of every plastic Trail Pass.

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

Important Dates (see the Activities Calendar for details)

Thursday, April 13: Ottawa Club Night & Summer Scheduling Night at MEC (10% discount)

Friday, April 21: Ottawa Club AGM - See page 25

Saturday, May 6: Ottawa Club Trail Maintenance Day (rain date May 7).

Contact Michael Beaupre, true_redandwhite@live.com

Saturday, May 6: Introduction to Hiking Course - see page 20

Saturday, May 13: RIDEAU TRAIL ASSOCIATION AGM in Perth - See page 6

REGULAR ACTIVITIES

These activities take place on a regular basis, whether they are scheduled or not. For example, Moonlighters meet every Tuesday. The nature of the event changes according to the demands and limitations of the season. The people mentioned as coordinator/contact/leader will provide more detailed information about the activities.

Tuesday-Evening Urban Walks

From March 14 through April 25. There may be a refreshment stop after the walk for those interested. Note: Meet at the starting point of the hike as specified in the Activities Calendar at 5:45 to depart at 6 pm. Do NOT meet at Tunney's Pasture unless this is specified. Coordinator: Trudy Stephen, 613-828-9313. See the Activities Calendar for details.

Moonlighters

Every Tuesday evening from May to August there will be a short hike in Gatineau Park. Meet at Tunney's Pasture at 5:45 pm for a prompt 6 pm departure. Hikes last until sunset. The hikes are level 1 or 2 at approximately 4 km per hour. There may be some hilly, rough or wet terrain. Please bring your own water, snack, bug repellent, flashlight and proper footwear. There is usually a short break during the hike, as decided by the hike leader. Coordinators: Hazel Miller, 613-232-6558, and Dora Ashiq, 613-792-4966. See the Activities Calendar for details.

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 or fellwalkerca@gmail.com

Thursday-Morning Hikes: These hikes resume in early April. For details of when and where watch the weekly e-notice. Generally these hikes will alternate between a level 1 on flat terrain and an easy level 2 on somewhat rough terrain. They are always about 2 hours long, which allows one to be home for lunch. For ideas or to volunteer to lead a morning hike contact

Elizabeth Mason at 613-729-6596.



New activity for the Ottawa Club - Trail Running!

This is happening! Starting this spring, our Ottawa Club will host group trail runs on some of the best trails in Ottawa-Gatineau. The format will emulate our popular Saturday Skiers winter outings and will be geared at runners who can road run 10 KM in 90 minutes or less.

Level 2+, casual no-drop, 8 to 15 km, every Saturday from April 1 to November 4. We will run "rain or shine" : we run in all conditions. Bring water and a snack.

These runs will be "no-drop". Not familiar with that term? It's a sporty way to say that, just like RTA hikes, every run will have a sweep so that an experienced runner is always following from the back.

Participants can expect to run on a variety of official and unofficial trails in Gatineau Park throughout spring, summer and fall as well as on the trails at Kanata South March Highlands and on the Rideau Trail in areas like the Ottawa Greenbelt and the Marlborough Forest.

Meet to leave promptly at 8 am.

The meeting place will be Tunney's Pasture Gas: \$3

Leader: Paul Galipeau, pgalipeau@gmail.com

ACTIVITIES CALENDAR — OTTAWA

Saturday, March 4

Jack Pine and Chipmunk Trails, Greenbelt

Level 2 snowshoe, approx. 8 km at a leisurely pace on flat terrain, on NCC trails 26, 25 and 28 from P11 on West Hunt Club Road; 3.5 hours. Outdoor lunch at the Flood Lime Kiln. Depart Baseline Park & Ride at 9:30 am. Gas \$3.

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

Saturday, March 4

Source Lake Area, Gatineau Park

Level 3 snowshoe or hike of approx. 11 km. A short distance on trails 70 and 71 from P15 to the Source Lake area, then off trail

through a series of ponds/streams to Healey Cabin for lunch. Most of this hike is off trail and, depending on conditions, we may have lunch outside instead. Meet at Tunney's Pasture by 9:15 am for a prompt 9:30 departure. Gas \$5.

Leader: Denise Hall, 613-843-8222 or 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, trail 29 and trail 5 again. All skiers should be able to herringbone and snowplow. Bring water and a snack. Meet at Tunney's Pas-

ture at 9:15 am for departure at 9:30. Gas \$3.

Leader: Terry McComb 613-820-3936

Saturday, March 11

Bell Arena, Greenbelt

Level 1 hike or snowshoe. About 8 km on NCC trails 26 and 27 behind Bell Arena. Trail is relatively flat. Meet at Baseline Park & 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: Ethel Archard, 613-592-7733 or ethel.archard@sympatico.ca

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. Meet at Tunney's Pasture at 8:45 for a 9 am departure. Gas \$6
Leader: Roger Bird,
rogerbird@primus.ca

Rideau Trail Closed

Tuesday, March 14, 2017
Please stay off the Trail this day.
Further detail: pg. 14

Tuesday, March 14

Tunney's Pasture to Westboro

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

Saturday, March 18

Scenic Mud Lake

Level 1, 6 km, 2 hours. Snowshoe around scenic Mud Lake on flat terrain. Bring a snack to eat while enjoying the view of the Ottawa River and the Deschenes Rapids. Wear good boots and snowshoes or crampons depending on the conditions. Meet at 10 am at the Britannia Park bus stop, Ron Kolbus Lakeside Centre.

Leader: Jean Gauthier, 613-422 3997 or jrrgauthier@teksavvy.com



Waterfall Series Hike #1

Saturday, March 18 Round "Falls", Gatineau Park

Level 3 hike or snowshoe; 9 to 11 km. While the first few kilometers will be on trail, there will be a scramble up to the falls below Round Pond. If conditions allow we will explore the large pond feeding the falls and climb up to a viewpoint overlooking the area. These falls are located on a creek con-

necting Round Pond and Fairburn Bay (Lac La Pêche). Meet at Tunney's Pasture at 9:15 am for a 9:30 departure. Gas \$6.

Leaders: Tom and Karen Cole, 613-825-4498 or

2001tomcole@rogers.com

Tuesday, March 21

Cummings Bridge to St. Patrick Bridge and Beyond (Ottawa East)

About 6 km. Meet at Strathcona Park parking lot (end of Somerset Street East) at 5:45 pm for a 6 pm departure. Bring water and a snack.

Leader: Stephen Chappell, 613 612-0865

Saturday, March 25

Trails 65 and 66, Gatineau Park

Level 2 hike or snowshoe, 6 km, 2½ hours at a **leisurely pace** from P2 (Relais Plein Air). Rugged terrain with several short but steep ups and downs. Wear good boots and snowshoes or crampons depending on the conditions. Depart Tunney's Pasture at 9:30 am. Gas \$3.

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



Waterfall Series Hike #2

Saturday, March 25 Pulpit Falls, Gatineau Park

Level 3; 8 to 10 km, depending on ground conditions and group energy. Lots of off-trail or faint trail that may not have been tramped down, as well as spectacular lookouts. From Crégheur Corner we will ascend on the Gangway trail, go off trail to the gorgeous waterfall, then climb up the Pulpit and head west, initially on the Wolf Trail, towards a wonderful lookout for an outdoor lunch. We'll probably descend to the west, via Sky Turtle and Gallery. Bring both snowshoes and spikes, being prepared to carry the snowshoes attached to your

pack if or when not needed. Meet at Tunney's Pasture no later than 9:15 am. Gas \$4. Leader: Ann Bolster, 613-828-5131 or ann_bolster@hotmail.com

Tuesday, March 28

Historic West Centretown and Chianatown

About 6 km. Meet at Tom Brown Arena, corner of Bayview and Scott streets for a 6 pm departure.
Leader: Hazel Miller, 613-232-6558

Saturday, April 1

All around Lac Philippe, Gatineau Park

Level 2, about 12 km. Starting at P19, hike all around Lac Philippe on trail 73. Wear sturdy boots and bring microspikes or grippers, in case the trail is icy. If there is still enough snow for snowshoeing, the route will be revised. Meet at Tunney's Pasture at 9:15 am. Gas \$6.
Leader: Grace Hyam, dr003@ncf.ca



Waterfall Series Hike #3

Saturday, April 1

Bridal Veil (Lauriault) Falls from Kelly Road, Gatineau Park Level 3. Contour east around the base of King Mountain to pick up the falls trail. Retrace the falls trail, then a short bushwhack to pick up the trail around King Mountain to Black Lake. Meet at Tunney's Pasture for a 9:30 am departure. Gas \$3.

Leader: Ann Lane,
e.ann.lane@gmail.com

Tuesday, April 4

New Edinburgh/Vanier to Richelieu Park

Meet at New Edinburgh Park, 192 Stanley Avenue, for a 6 pm departure.

Leader: Pat Archer, 613-565-6149

Saturday, April 8**Jock River Trail**

Level 1. About 8 km at an easy pace on smooth trails. Enjoy a 2-hour morning hike and be home for a late lunch. Bring a snack and water.

Meet at Tunney's Pasture for a 9:30 am departure or meet at 9:50 am at Prince of Wales and the south end of Lodge Road just after Woodroffe intersects Prince of Wales; wait along the shoulder of Lodge Road. Gas \$2. Leader: Elizabeth Mason, 613 729-6596


**Waterfall Series Hike #4
Saturday, April 8**
Bridal Veil Falls, Gatineau Park

Level 1.5, approx. 6 km, depending on conditions. Half-day hike on the Lauriault Trail. Meet at Tunney's Pasture at 12:45 to depart at 1 pm. Gas \$3.

Leader: Pat Archer, 613-565-6149


**Waterfall Series Hike #5
Saturday, April 8**
Dunlop and Alexander Pond Falls, Gatineau Park

Level 3. Approx. 15 km. Starting at P9 on Meech Lake Road, follow the river up from the Dunlop Picnic Grounds and then take a mix of trail and off-trail to the Ramparts before descending to the Alexander Pond Falls. Return via faint trail and trail to P9. Meet at Tunney's Pasture for a 9:30 departure. Gas \$4.

Leader: Ann Lane,
e.ann.lane@gmail.com


**Waterfall Series Hike #6
Tuesday, April 11**
Hog's Back Falls and Mooney's Bay

Meet at north end of RA Centre parking lot for departure at 6 pm. Leader: Kathryn Fournier, 613-248-0006 lou_daybreak@hotmail.ca

Thursday, April 13**RTA Club night and Summer Scheduling Night at MEC**

Between 5 and 9 pm, RTA members (with a valid club membership card) may shop at MEC Ottawa (only) with a 10% discount on regular-priced merchandise; the following exceptions/conditions apply. MEC is a cooperative: you must be a member to shop here. Memberships are individual, cost \$5 and never expire.

10% discount on everything (including bikes and boats). The only exception as of May 14, 2014 are Blundstone boots: they are not eligible for any discount as per direction from the vendor.

The 10% does not get added on top of products already on clearance, OMD products or products that get a from packages; it applies only to regular-priced products. Discount applies only to what is in stock in the store at the time of the club night. No store transfers; no Service Center or Web purchases. The club executive will be in the Community Room on the 2nd floor. Drop-in between 5 and 8:30 for refreshments and add your hike to the schedule, sign up for our trail maintenance blitz (May 6) or talk with your executive to find out about other opportunities to volunteer. Bring your membership card to take advantage of the club discount.


**Waterfall Series Hike #7
Saturday, April 15**
Carbide Wilson Mill and Waterfall, Gatineau Park

Level 1.5, 13 km, 4 hours. Starting at P11 we will hike at a leisurely pace on the Discovery Trail (#36) to MacDonald Bay on Meech Lake with a side trip to Carbide Wilson Mill and waterfalls. Some gentle ups and downs. Outdoor lunch at MacDonald Bay. Wear good boots. There should not

be any bugs this early in the season. Meet at Tunney's Pasture for a 9:30 am departure. Gas \$4. Leader: Jean Gauthier, 613-422 3997 or jrrgauth@teksavvy.com

Saturday, April 15**Pulpit, Gatineau Park**

Level 2; about 8 km with lots of climbing. Hike from Crégheur Road to the Pulpit for lunch by way of Sky Turtle Pond. Return via the Gangway. Gas \$4.

Leader: Elizabeth Kirchhoff, 613-828-0558 or e.kirchhoff@hotmail.com


**Waterfall Series Hike #8
Saturday, April 15 Lac à la
Loutre Falls, Gatineau Park**

Level 3. Access from Chemin Lac La Pêche Road. About 75-minute drive each way and approx. 6 hours (max) for the hike. Depart Tunney's Pasture at 8 am, returning to Tunney's by about 4 pm. If the day is clear, there is a fabulous view all along the escarpment from the cliff above Lac à la Loutre. Gas \$7.

Leader: Kent Phillips, 613-232-2353 or erica.kent.phillips@gmail.com

Sunday, April 16**Westport Heights**

Level 2, 12 to 16 km, moderate pace. Hike on the Rideau Trail (Map 07), Concession Road 9 to Foley Mountain and into Westport. Hills and views. Possible wet or icy areas. Short car shuttle. Depart at 8:30 am from Tunney's Pasture. Estimated return by 6 pm. Gas \$12. Leader: John Haley, 613-225-0590

Tuesday, April 18**Greenbank to Bruce Pit**

Meet at Tim Horton's Greenbank Hunt Club Centre, 250 Greenbank Rd., for departure at 6 pm. Leader: Maureen Dawson, 613 226-3864

**Friday, April 21
Ottawa Club AGM**

St. Thomas the Apostle Anglican Church, 2345 Alta Vista Dr., Ottawa
6:30 pm Doors open
7:00 pm Business meeting
8:30 pm Guest speaker :
Katharine Fletcher, a freelance writer, columnist, author, editor, and visual artist

Saturday, April 22

Jack Pine and Chipmunk Trails, Greenbelt

Level 1½ hike, approx. 9 km at a leisurely pace on flat terrain, on NCC trails 26, 25 and 28 from P11 on West Hunt Club Road; 3.5 hours (this route can easily be shortened if desired). Outdoor lunch at the Flood Lime Kiln. Depart Baseline Park & Ride at 9:30 am. Gas \$3. Leader: Jean Gauthier, 613-422 3997 or jrrgauth@teksavvy.com

Saturday, April 22

King Mountain, Gatineau Park

Level 2. Approx 12 km. Starting from Chelsea Picnic Parking on Notch Road (next to the L'Orée du Bois Restaurant) follow trail 1 to Wattsford Lookout, then trail 17 and 23 to King Mountain for an outdoor lunch with views. Return by trails 8 and 1. It may be wet and muddy, so come prepared. Expect some steep ascents and descents. Gas \$3. Meet at Tunney's for a prompt 9:30 am departure. Leader: Sheila Parry, 613-324-4006



**Waterfall Series Hike #9
Saturday, April 22**

April Falls, Gatineau Park

Level 3. Starting at Steele and Wilson, follow trail up to the powerline, go off trail to the falls and continue to follow the stream up to the source ponds. Return down across the powerline and eventual-

ly on an old snowmobile road briefly, then to Tomato Hill and down to the start. Considerable off-trail.

Gas \$6. Leader: Jim Leeson, jleeson@bell.net

Sunday, April 23

Adopt-a-Roadway Clean-Up

Please consider joining us for a few hours to clean up 5.5 km of road allowance along Roger Stevens Drive, southwest of North Gower. We plan to stop in at the Marlborough Pub in North Gower for refreshments/lunch after the clean-up. Kindly register in advance so that enough equipment can be provided by emailing the leader, Brian LaDuke, at yellow.bumper@hotmail.com or calling 613-534-8538 (alternative contact: Denise Hall, 613-843-8222 or rebeccahall@rogers.com). This event will occur rain or shine, so dress accordingly. If you have your own work gloves and/or picker please bring them along. Meet at the Fallowfield Park & Ride for a 9 am departure. Gas \$5.

Tuesday, April 25

Bridge to Bridge

Meet in the lobby of the Library and Archives Canada building, 395 Wellington St., Ottawa, for departure at 6 pm on a **leisurely** 5-km historical hike between the Portage Bridge and the Royal Alexandra Interprovincial Bridge with talk about interesting spots. Limited free parking in the surrounding streets only after 5:30 pm. Leader: Jean Gauthier, 613-422 3997 or jrrgauth@teksavvy.com



**Waterfall Series Hike #10
Saturday, April 29**

Urban Hike to Chaudière Falls

Level 1; approximately 9 to 10 km. We will follow Rideau Trail Map 19 east from Tunney's along the Ottawa River to the trailhead at the Ri-

deau Canal locks below the Chateau Laurier. We will proceed north along Mackenzie Avenue, past the National Gallery, crossing the Interprovincial Bridge to Gatineau. Proceeding west along the waterfront we have the option of a beverage stop at a pub in Gatineau before crossing the Chaudière Bridge to view the falls and heading west along the Ottawa River to Tunney's. Bring water, a snack and some money if you wish to purchase something at the pub. Meet at Tunney's Pasture at 10 am for a 10:15 departure.

Leader: Sandy Freeman, 613-225-2940

Saturday, April 29

Return Hike to Western Cabin, Gatineau Park

Level 2, approx. 15 km. From P12, steady pace to Western Cabin for a late lunch via 8 km of trails, then back to P12 via 7 km of trails. Some steep, rugged hills; rocky and uneven ground that could be slippery; possible water hazards. Expected hiking time is 4 hours, plus up to 1 hour for lunch and breaks. Meet at Tunney's Pasture at 9:15 am for departure at 9:30. Gas \$4. Leader: Carol Seal, 613-291-7547 or carol.seal.613@gmail.com



**Waterfall Series Hike #11
Saturday, April 29**

Faris Creek/McKinstry

Cabin/Luskville Falls Loop, Gatineau Park Level 2+, about 10 km, 3 to 4 hours actual hiking time. Two waterfalls for the price of one! 1/3 faint trail, 1/3 Ridge Road, 1/3 marked trail. Approx. 400 m ascent: Trip goes up and then down the escarpment. Be prepared for damp to wet footing in places. Meet at Tunney's Pasture at 9:15 am for departure at 9:30. Gas \$5. Leader: Peter Haggerty, fw599@ncf.ca

Sunday, April 30**Gould Lake**

Level 3 hike on rugged trails in this beautiful conservation area with many ups and downs. Possible wet or icy areas; route and distance depend on conditions. Depart at 8 am from Tunney's Pasture. Long drive, late return. Gas \$17.

Leader: John Haley, 613-225-0590

Tuesday, May 2**Lac des Fées from Gamlin Boulevard**

Level 1, 7 km. Sunset 8:11. Gas \$2.

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

Saturday, May 6 (rain date May 7) Trail Maintenance Blitz

Help our trail maintainers get their segments of the Rideau Trail in top condition. If you have not pre-registered with Michael Beaupre Meet at Fallowfield Park & Ride, NW parking lot, at 8:30 am. Boots and work gloves recommended. Trail maintenance 9:30 to 12:30, followed by a thank-you lunch at Terry Carisse Park off Steeple Hill Crescent (Richmond).

Hotdogs/hamburgers with drink and chips provided by the RTA. Contact/coordinator: Michael Beaupre,

true_redandwhite@live.com

**Waterfall Series Hike #12****Saturday, May 6 (rain date May 20)****Lauriault Trail, Gatineau Park**

Level 1.5, 7 km. Commencing at Mulvihill parking lot follow the trail, passing hundreds of wildflowers, to the Bridal Veil Falls (right turn-off), then head up towards Mackenzie King Estate and Kingsmere Lake for lunch, returning via the estate gardens. Depart from Tunney's Pasture at 9:30 am. Gas \$4.

Leader: Jean Sunter,
jeanesun@rogers.com

Sunday, May 7**Sugarbush Trail, Gatineau Park**

Accessible hike, 2 to 3 km, slow pace. From the Visitor Centre in Old Chelsea. This hike is suitable for people in wheelchairs, those with limited mobility and anyone who enjoys a pleasant walk in beautiful surroundings. Meet at Tunney's Pasture at 1 pm. Gas \$3. Leader: Kathryn Fournier,
lou_daybreak@hotmail.com

**Waterfall Series Hike #13****Tuesday, May 9****Lauriault Trail from Mackenzie**

King Estate, Gatineau Park Level 1, 6 km. Sunset 8:20. Gas \$3.

Leader: Hazel Miller, 613-232-6558

Saturday, May 13
RTA AGM - Perth
See notice on page 6

**Waterfall Series Hike #14****Sunday May 14**

Corniche Falls, Gatineau Park Level 3, about 12-13 km, Access via Pilon Road. Hike up to the Yellow Box and over to Nobody's Fault then make our way to Corniche Lake and down to the falls. Return via Hay Nob and Wall Street. Mostly faint trails but some off trail near the falls. Meet at Tunney's Pasture at 9:15 am for departure at 9:30: Gas \$5.

Leader: Dave Audette,
dg.audette@sympatico.ca

Tuesday, May 16**Skyline Trail from P7, Gatineau Park**

Level 2, 7 km. Sunset 8:28. Gas \$3.

Leader: Kathryn Fournier,
lou_daybreak@hotmail.com

Saturday, May 20**Wolf Trail, Gatineau Park**

Level 2, about 9 km, with lots of elevation and fabulous views. From P13 we'll hike the trail counter-clockwise, with lunch at the Pulpit. Stream-crossings could be tricky if it's a wet spring. Wear good boots and bring poles. Gas \$4. New leaders: Lianna Cousins (613-820-8592 or

liannacousins@gmail.com) and Mylene Poupart

Saturday, May 20**East-West Traverse, Gatineau Park**

Level 3, 20 km. Wakefield (P17) to Ramsay Lake gate (Eardley/Masham Rd) or the reverse, all on marked trails. Requires enough participants to form 2 groups; one westbound/one eastbound: car-key exchange to be done at the midpoint (probably Lac Philippe beach and lunch stop). Estimated 5+ hrs actual hiking time. Bring lunch, good boots, bug repellent (blackflies possible). Meet at Tunney's Pasture at 9:15 a.m. for departure at 9:30: Gas \$6.

Leader: Peter Haggerty,
fw599@ncf.ca

Sunday, May 21**Mer Bleue, Greenbelt**

Level 1, about 6 km, brisk pace. From P20 we will explore trail 51. Meet at Tunney's Pasture at 1 pm. Gas \$3.

Leader: Kathryn Fournier,
lou_daybreak@hotmail.com

**Waterfall Series Hike #15****Sunday, May 21****Hollow Glen Waterfalls, Gatineau Park**

Level 2 to 2+ and 8 to 10 km. Hike up one side of the Hollow Glen Falls and proceed to another waterfall in close proximity. We will

explore the area around here on faint trails with some bushwhacking. We will exit by the other side of the Hollow Glen Falls. Lunch will either be outside with a view or at a cabin, depending on the weather. Bring lunch and wear good boots. Depart from Tunney's Pasture by 9:30 am. Gas \$3.
Leader: Denise Hall, 613-843-8222 or rebeccahall@rogers.com

Tuesday, May 23

Visitor Centre to Ridge Road, Gatineau Park

Level 2, 8 km, with steep hills. Sunset 8:36. Gas \$3.
Leader: Joanne Tuttle, 613-729 8787



Waterfall Series Hike #16 Saturday, May 27

Church and Grandview Hills, Gatineau Park Level 2 but only 6 km from the sand pit on the Eardley-Masham Road; all on trail at a leisurely pace. Some ups and downs. Spectacular views of the Ottawa River Valley plus a peek at the Church Hill "Falls". Outdoor lunch. Wear good boots and bring bug spray. Meet at Tunney's Pasture for a 9:30 am departure. Gas \$6.

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



Waterfall Series Hike #17 Saturday, May 27

Church Hill "Falls" and Ridge, Gatineau Park Level 2+, 8 to 10 km. After hiking up alongside the roaring cascade, we'll take faint trail over Grandview to Wall Street and the far east of the Church Hill Ridge, where we'll have lunch and then gaze from a series of lookouts over the Pontiac as we return to the Eardley-Masham Road. Lots of up and down and some off trail. Bring bug

spray or bug hat. Meet at Tunney's Pasture no later than 9:15 am. Gas \$6. Leader: Ann Bolster, 613-828-5131 (ann_bolster@hotmail.com)



Waterfall Series Hike #18 Sunday, May 28

Carbide Wilson Waterfall, Gatineau Park

Level 2.5, approx. 11 km. From P16, quasi-cruising pace via Meech Creek Trail to the Carbide Ruins for lunch outdoors, then Hope Trail back to the cars. Expect wet crossings (stream-hoppings) and some steep hills. Opportunities for photography will be accommodated, within reason. Meet at Tunney's Pasture at 9:15 am for departure at 9:30. Gas \$4. Leader: Carol Seal, 613-291-7547 or carol.seal.613@gmail.com

Sunday, May 28

Miners Point, Long Lake Road

Level 2, 13 km, moderate pace. Hike on the Rideau Trail between map points 08G and 09D. Rapids and beaver dams along the way. Car shuttle. Depart at 9 am from Baseline Park & Ride. Gas \$11. Leader: John Haley, 613-225-0590

Tuesday, May 30

Pink Lake from Mine Road, Gatineau Park

Level 2, 10 km. Sunset 8:42. Gas \$3.
Leader: Dora Ashiq, 613-792-4966



Waterfall Series Hike #19 Saturday, June 3 Doors Open Ottawa/Rideau

Falls

Level 1, route and distance to be determined. Urban walk, stopping off to visit a few Doors Open buildings, perhaps including embassies and historic buildings, as well as government and/or community facilities. Rideau Falls is on the route. Bring a lunch. Depart from Strath-

cona Park parking lot (end of Somerset Street East) at 9:30 am. Leader: Ethel Archard, 613-592 7733 or ethel.archard@sympatico.ca

Saturday, June 3

Ramparts, Gatineau Park

Level 2, 12 km. Hike from P12 to the Ramparts on trails 2, 21 and 28; initial steep climb on trail 2. After a brief break to enjoy the view we will double back on trail 3 to Huron cabin and lunch. We will return to P12 on trails 1, 1B, 18, 21 and 2. The hike will be at a moderate pace, and trail 28 and follow we should expect to be back at P12 around 3 pm. Meet at Tunney's Pasture at 9:15 am for a 9:30 departure. Gas \$4.

Leader: Bob Smith, 613-225-1358 or rsmithdsl@magma.ca

Saturday, June 3

Lac Racine and Lac Richard, Gatineau Park

Level 3. Around 10 km. Ramsay Lake to Lac Racine via an unusual route with a navigational challenge and very rugged section, then to the southeast corner of Lac Richard and another off-beat route to join the trail back out. This hike is for level 3 enthusiasts only. Depart at 9:30 am from Tunney's Pasture. Gas \$6. Leader: Graham Creedy, 613-789-1657

Sunday, June 4 Stony Swamp, Greenbelt Accessible Hike,

2 to 3 km, slow pace. From P8 we will explore the Beaver and Chipmunk Trails. This hike is suitable for people in wheelchairs, those with limited mobility and anyone who enjoys a pleasant walk in beautiful surroundings. Meet at Tunney's Pasture at 1 pm. Gas \$3.
Leader: Kathryn Fournier, lou_daybreak@hotmail.com

Tuesday, June 6

Pink Lake to Mackenzie King Estate, Gatineau Park

Level 2, 7 km. Sunset 8:48. Gas \$3.
Leader: Hazel Miller, 613-232-6558



Thursday, June 8

Awards Night at the Pub

Royal Oak CentrepoinTE,
117 CentrepoinTE Drive. Starting at 7 pm. Join your fellow RTA members to share memories of the spring hiking season and enjoy a photo display. Prizes will be awarded to the person who has completed the most of our scheduled waterfall hikes and the person with the best photo taken on one of those hikes. Take part in the final vote at the pub!

Saturday, June 10

High Lonesome Nature Reserve, Pakenham

Level 2 at an easy pace; approx. 5 km. Short and scenic hike on rough, ungroomed wilderness trails. Wear hiking boots. Bring water, snacks and mosquito repellent. Lunch after the hike at a restaurant in Pakenham. Depart from Baseline Park & Ride at 8:30 am. Gas \$5.
Leader: Ron Hunt, 613-298-1626 or re.hunt@sympatico.ca



Saturday, June 10

Doug's Wildlife and Birding Hike in Marlborough Forest (new area)

Level 2-, 8.5 km. All on flat trail or bush road except a short section across a scrubby field. Enjoy beautiful Ducks Unlimited ponds and marshes with lots of waterfowl, birdlife and marsh animals. Relaxed pace and some retracing of steps. Bring lunch and wear good boots. Bring binoculars if you have them. Usual traditional visit to nearest pub (Marlborough or Munster) after the hike for those who choose. Depart from Fallowfield Park & Ride at 10 am. Gas \$5.
Leader: Doug Parsons, 613-843 8222

Tuesday, June 13

P16 to Healey, Gatineau Park

Level 2, 10 km. Sunset 8:52. Gas \$4.
Leader: Trudy Stephen, 613-828-9313

Saturday, June 17

Tip to Tip Trail and Stoney Steps

Level 1; 7 km. The Tip to Tip Trail highlights the natural and engineering features of the Rideau Canal system, including a spillway (almost a waterfall) and a swing bridge operated by one person power. At the Stoney Steps, a hidden gem of the Rideau Trail, water cascades over shelving rocks. Some

uneven terrain: good shoes required. Afterwards, option of lunch at the Lock 17 restaurant in Burrit's Rapids or a visit to nearby Merrickville for shopping, lunch and history. Meet at Fallowfield Park & Ride at 9:15 am for a 9:30 departure. Gas \$6.

Leader: Audrey Stewart, 613-722-9641 or audrey.j.stewart@gmail.com

Tuesday, June 20

Wolf Trail from P13, Gatineau Park

Level 2, 10 km. Sunset 8:55. Gas \$4.
Leader: Joanne Tuttle, 613-729 8787

Saturday, June 24

Rideau Trail and Timm Drive Trails

Level 1, 7 to 8 km, about 3 hours. From where the Rideau Trail crosses Corkstown Road at the railway tracks, we will hike towards Bells Corners, cross Timm Drive and then circle on NCC path 21 and return to the starting point. Bring a lunch, water and bug repellent. The trail is a wooded path with some stone dust surface. Parking is available on Corkstown Road west of Moodie Drive near the railway tracks. Meet at Baseline Park & Ride at 10 am. Gas \$2.
Leader: Marilyn Schwartz, 613-828-4488 or marilyn_sch1970@yahoo.ca

... LANAUDIERE *Cont'd from pg. 2*

Entrelacs is a village about 30 km south-east of Saint-Donat just off Highway 125, where we stayed at Les Terrasses du Lac, with private access to Lac Drummond. This is close to the Parc régional de la Forêt Ouareau, which offers many hiking choices on its extensive trail system.

The Secteur Grande-Vallée, on the south-east side of Forêt Ouareau and a 20-km drive from Entrelacs, provides at least 27 km of hiking trails in multiple loops through mostly mountainous forest.

At the north-west of Forêt Ouareau the Secteur du Massif, accessed from Highway 125 about 15 km from Entrelacs, provides another 40 km of hiking trails, with many loops, lakes, and views; 20 km of these are on the Sentier National.

In the Secteur Pont-Suspendu the Sentier des murmures (Path of whispers) extends south-east from the Sentier National for 5.5 km one-way alongside the Rivière Ouareau.

In short, Forêt Ouareau is a hiker's delight.
But then so is every destination in this article.

**Part 2, scheduled for the next RTA Newsletter, takes us further east in Lanaudière,
but if you can't wait until then, contact the author**

Destination: Cape Breton Highlands

Story & Photos By Bernie Grover

Planning summer holiday walks? Consider northern Cape Breton: an area of great natural beauty and numerous hiking trails.



The Skyline Trail combines sea and sky, mountains and valleys, moose and whales: all in one vista.

Cape Breton Highlands National Park's 26 official hiking trails range from easy strolls to challenging climbs with panoramic views of canyons, highlands and seacoasts.

They range from Green Cove's 10 minute trail with no change in elevation to Fishing Cove's 12 kilometer loop with a descent and climb back up of 350 meters each way.

The most popular is the Skyline Trail: a 9.2 km loop with a 125 meter change in elevation. Expect to see whales and moose from the same look off. **And remember, admission to all national parks is free this year.**

(<http://www.pc.gc.ca/eng/pn-np/ns/cbreton/index.aspx>)

Beyond the park there is an ever increasing number of marked trails.

One of the more difficult – and more rewarding – is the Red River to Pollett's Cove Trail. It is only 10 km long, but they are arduous difficult kilometers, with four major ascents and descents. The reward is a beautiful beach, fresh drinking water, and excellent wilderness

camping sites. Expect to be visited by the herd of horses that live in the valley year round.

On the way in (and out), stop at the Buddhist Stupa of Enlightenment to pray for a successful hike and to give thanks for a beautiful experience. For those with a week to a year to spend, Gampo Abbey offers wonderful residential programs in the tradition of the Shambhala Monastic Order. (<http://gampoabbey.org/>). Think of Nepal and Kathmandu meeting wilderness Cape Breton.

Another not-to-be-missed trail is the White Point trail: with vistas of Aspy Bay; Cape North; and a cemetery for

unidentified ship wreck victims.

For those considering a fall hiking holiday, the very well organized Hike the Highlands Festival will be held September 8-17, 2017. The 10 day event offers 25 hikes and evening entertainment.

(<http://www.hikethehighlands.com/>)

There are endless other attractions in the area: world class golf courses; bird and whale watching boat cruises; excellent seafood.

....Cont'd Pg. 9



White Point is just one of endless picturesque fishing villages, many with their own well marked local trails.

OTTAWA CLUB'S TRAIL MAINTENANCE CREW



David Hallman &
Lia Eichele



Michael Beaupre &
David Hallman



Ron Arseneault
(Working hard as always)



David Hallman &
Bob Hanson



Claude Bouchard
(The Handy Man)



Joanne Lee, Jason Beaupre,
Carol Seal, Michael Beaupre
& Lia Eichele



Johanne Leveille, Lia Eichele,
Guy Rochon, Judy Maxwell,
Patricia Scotcher & Omar Bello



Richard Pell &
Ian Campbell



Johanne Leveille, Anne
Maurais, Suzanne Rebetez
& David Hallman
(Working in the rain)

Others: Brian Le Conte, Susan Smee, Mike Shaw and Randy Ray.

WHAT A TEAM!

By Michael Beaupre

My main reason for writing this article is to thank all the volunteers that contributed their time and effort on refreshing the markers over the entire length of the Ottawa Club section. It was a huge job.

Our volunteer team made it possible for all 1000 markers of the Ottawa section to be adjusted or replaced this past year.

THANK YOU!

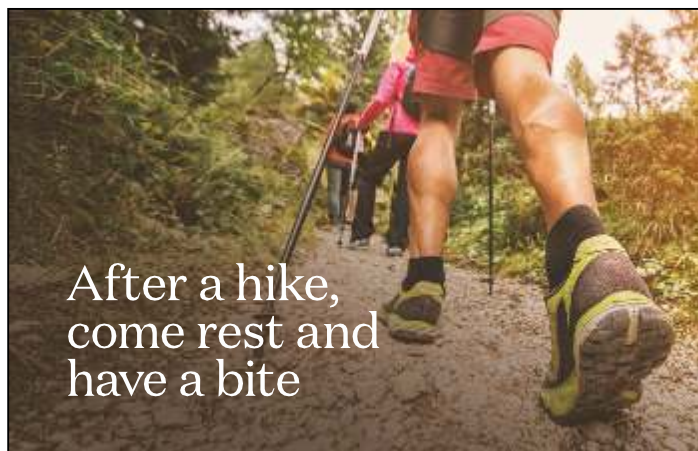
Let me emphasize how important markers are for the existence of the Rideau Trail:

- When the markers are easily visible, so is the Rideau Trail.
- When the markers are properly adjusted, hikers are safer, and feel secure.
- Well-maintained markers show we take pride in the condition of the Trail.

MICHAEL BEAUPRE :

Ottawa Club's Maintenance Coordinator

Those interested in trail maintenance please contact me.
true_redandwhite@live.com.



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Gatineau Park High-Country Challenge

By Ann Bolster

Sixteen keen and strong hikers completed the Ottawa Club's 2016 Challenge this past fall, and many more hiked with them on part of the route. They all enjoyed, enjoying fabulous views as well as challenging terrain on a series of day-hikes designed to provide an end-to-end experience. Each of the five segments was offered on both a Wednesday and a weekend. Aside from the final segment, hikers could choose between a mainly on-trail route and a more exploratory one. By mid-November, 27 to 43 48 hikers per segment had participated. The total distance and ascent? About 66 km and 3150 m.

Many thanks to the segment leaders -- Jim Leeson, Tom and Karen Cole, Pauline Daling and Dick Stewart, Margaret and Bryan Parlor, and Ann Lane and Dave Audette -- for designing the segment routes, prehiking, and leading us expertly through this gem of a park.

Jim provided interesting narration along his route (which he led again as a make-up hike), and Tom and Karen found new viewpoints for the colourful leaf display (Mother Nature helpfully prolonged the October show this year).

Congratulations to the 16 who completed the 2016 Challenge and received their certificate at the awards ceremony:

Dorothy Belter, Kerstin Bjarbo, Ann Bolster, Dan Boulay, Margaret Burnett, Kevin Chapman, Karen Cole, Tom Cole, Pauline Daling, Denise Hall, Paul Jean ("PJ"), Liette Laniel, Dave Paull, Mylène Poupart, Carol Seal and Peter Yaeger.

See you on the next challenge!



Wednesday Walkers finish segment 5 in Old Chelsea

Thanks go to Peter Yaeger who led two of three make-up hikes and took wonderful photos of the changing landscape.

PHOTO: PETER YAEGER

Weekend hikers in segment 5



PHOTO: YUSUO CHANG



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Ottawa High Country Challenge



Photo : Ann Bolster

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