



Rideau Trail

NEWSLETTER

Summer 2017

Issue No. 184

History?



Travel?



**Trail Building
and Repair?**



Partnerships?



Education?



Where do we go from here?

**Member
Activities?**



**Accommodation
and Thru-hiker
Support?**



Strategic Planning Considers the Future

Familiar Plant?

BY ANN BOLSTER

Most of us know the tall weed with the yellow flower clusters, but there's more. Have you seen the leafy rosettes resembling a clump of celery leaves close to the ground? That's wild parsnip,



BASAL ROSETTE OF 1ST YEAR PLANT

too. It doesn't flower in its first year but it is still toxic. Expose yourself to the sap by crushing the leaves or stems and you will be at risk for the same nasty burns (and lasting scars) once the irritated skin is exposed to UV on even a cloudy day.



When leaving an area known to have wild parsnip, stamp your feet and check your boots. Prevent spreading seeds to an area that is free of this invasive plant. Although you're most likely to pick them up in the fall, the seeds can lie dormant for a long time.

Keep your pets away from areas known to have wild parsnip. The sap can be transferred to their fur, and then to you.



More: <http://ottawa.ca/en/residents/water-and-environment/plants-and-animals/invasive-species#wild-parsnip>

With files from Ottawa Trail Maintenance Coordinator, Michael Beaupré

New Trail Fees

Rock Dunder: Per vehicle - day pass \$10.00

Regular visitors might choose to get a season pass for their vehicle: \$50.

Contact Rideau Waterway Land Trust (rwlt.org) or visit Main Street Hardware in Seeley's Bay.

Foley Mountain: Contact your Club Chair about a permit for group hikes (see April, page 13).

Reminder about Ticks

These tiny bugs are present throughout our part of Eastern Ontario now. Not all ticks can transmit Lyme disease. Prevention is pretty straightforward: cover up, and check yourself after going out.

Rideau Trail Board member and health care professional, Sharen Yaworski tells us that a tick usually has to be attached for over 24 hours to pass Lyme on, so body checks after hikes or any outdoor activity would resolve the issue. "I have removed many ticks in my job, and after hiking. The few Lyme cases I have seen were actually gardeners in their own yard." <https://www.ontario.ca/page/lyme-disease>

My Favourite Tree

BY LYNN ESAU

The old-growth trees of Vancouver Island's coastal rainforests are enchanted. Anyone who has hiked the West Coast Trail or the Juan de Fuca Trail will remember feeling this when they passed close to one. These giants tower above the hordes of spindly up-and-comers, their tops often invisible in the mist. Some, like the Douglas Fir and Sitka Spruce, stand more than 70 meters high with trunks five meters around, and have lived for a thousand years. Gnarled and weather-beaten for centuries, they're startling to encounter and they command the attention of passers-by.

During my visit to Nanaimo in March, we drove 200 km to the Island's west side, and hiked several rainforest trails in search of the 'old-growthers.' Our favourite tree-spotting hike was the

Schooner Cove Trail just south of Tofino. Only two km long, it consists mainly of narrow, cleverly-crafted cedar boardwalks, steep staircases and bridges that cut through the dense undergrowth of three valleys.

This particular giant, a Western Redcedar (*Thuja plicata*), stands about 20 meters from the entrance to Schooner Cove Trail. At first sight, the cedar looked to me like an elaborate metal sculpture. The rain made it gleam, and the trunk and exposed roots were burnished in countless shades of red and brown. The heavy lower limbs were twisted and curved sharply at odd angles as though battling each other. Many of the higher, more graceful limbs were cloaked in moss. When I stood close and rubbed the bark with a bare hand, it felt silky and buttery like polished iron. Beside the tree, I felt small and mortal.

All hikers have a favourite tree, and this one is mine.

LYNN ESAU IS TREASURER FOR THE KINGSTON CLUB



KNOWN COVER PHOTO CREDITS, CLOCKWISE FROM SHAREN YAWORSKI'S CYCLISTS, HOWARD ROBINSON, PAUL JEAN, JACK TANNETT, STEVE KELLY (2), JACK TANNETT, HOWARD ROBINSON, DRUMMOND HOUSE, STEVE KELLY. See the update on Strategic Planning on page 14.

RTA 150 Challenge

- Membership not required
- Open to everyone
- Hike 150 km on the Rideau Trail anytime during 2017
- Add up and log/record your distance
- Measure distance with maps (online), fitbits, phones - whatever
- Badges and free memberships to successful non-members



Send claims to Sharen Yaworski
(613) 449-2808
sharenann@gmail.com

(More on page 8)

Shape the future of the RTA

Have your say!

Complete the e-mail survey
(coming this summer)

We need your ideas

Need to share your ideas now?
StrategicPlanning@RideauTrail.org

Learn more:

<http://www.rideautrail.org/about/strategic-planning/>



Spring Cover



Who's Who?

Our Canada 150 quiz began in March.

Left: Thomas D'Arcy McGee was an Irish-born Father of Confederation in Sir John A. Macdonald's cabinet. He was assassinated just days before his 43rd birthday. Right: Thanks to Sir George Étienne Cartier's influence, Canada is a "federation of provinces rather than a single legislative union like Britain." (Canadian Encyclopedia)

A few other questions will be found throughout this Issue. Answers on page 10.

Outstanding Service Awards



RTA President Lars Thompson offers thanks to Don Coulter
BILL OTTNEY PHOTO

Don Coulter Kingston Club

Don has been either Chair or Past Chair for the past 5 years. More importantly is the fact that Don is always available to help out with maintenance and construction activity. He can often be found out on the trail checking out markers along the Trail when we have landowner concerns. Don also has been instrumental in dealing with the city of Kingston to extend the Trail down to City Hall and along the Lake Ontario waterfront. It was Don's initiative and persistence that led to the creation of the K&P extension that enables us to have a blue trail that completely encircles the city of Kingston. This award is just a small token of the appreciation we have for Don Coulter and his contributions to the Club and to the Rideau Trail.



Marie Warner Association Award



Marie has quietly toiled away with outgoing Membership Director, Sheila Menard for the past 10 years doing membership and merchandise mail-outs. If you have an RTA card, you probably have Marie's signature on it. Her work has touched every member of the Rideau Trail Association. Sheila says she never would have been able to stay in the position for 10 yrs without Marie's contribution. It was truly a two-person team. Marie has been a loyal and dedicated member of the RTA since 2006. She is one of those unsung heroes who is well overdue for recognition.

1. June 20, 1868, Governor General Monck first proclaimed that "all loving subjects throughout Canada" should...

- A. Celebrate Dominion Day on July; 1 B. Pay their taxes;
- C. Vote

Ann Bolster

Ottawa Club

Ann Bolster joined the RTA in 1990 after a weekend organized by the Kingston Club. It was so enjoyable that she joined as a Life Member. She led a few hikes that year, so that by the following spring, she had her End-to-End.

Her dedication to the RTA and volunteerism have been outstanding. She leads hikes for the Ottawa Club on a regular basis. Her hikes are always well planned, interesting and inclusive. In other words, she is an exemplary hike leader. In addition to leading hikes, Ann helps others to pre-hike new routes and recently, she helped organize and plan our successful High-Country Challenge series of hikes in Gatineau Park. This winter she offered a snowshoe clinic for beginners, in Gatineau Park.

From 2010 to 2014, she served as Newsletter Editor. In fact, Ann was partly responsible for introducing colour to our Newsletter! She has also helped with the Ottawa Club phone line, and she assisted with the preparation of the Activities Calendar for the Ottawa Club in recent seasons. We certainly appreciate the value of Ann's presence in our club.



Ann Bolster

NIELS RASMUSSEN PHOTO



David Allcock

HOWARD ROBINSON PHOTO

David Allcock

Central Club

David has made himself indispensable to the Central club, assuming many positions, including Chair. David continues to lead hikes and in summer bike and canoe outings. At Christmas, David is Central's organizer for the Foley Mtn Christmas Singalong. He and Elizabeth designed and manufactured Central club's travelling display, used to promote the Rideau Trail.

Perhaps David's most significant contribution to the RTA has been in Routes and Negotiations. David continues to work tirelessly in his efforts to get the Trail off County Road 43. east of Frizell Road. Always generous with his time and experience, David's warm personality continues to serve him well in dealing with land owners and hikers alike.

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MACHU PICCHU, PERU

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.)

PROVENCE & COTE D'AZUR

April 8 to 21, 2018

French provincial charm and Mediterranean opulence combine in the South of France for *"une experience magnifique"*. Beginning in Avignon in Provence, hike under the jagged ridge of Les Dentelles de Montmirail, descend into the Nature Reserve of Gorge Du Gardon & visit the famous Roman aqueduct, Pont du Gard. Then it's over to the luxurious Cote d'Azur to explore *"villages perchés"*, like Eze and Peillon with their narrow cobblestone lanes, church squares & communal washing stations. Contrast that with a coastal hike around Cap Ferrat, where some of the world's wealthiest people call home. Plenty to see & do including Nice, Grasse (perfume capital of the world) & Monte Carlo, so grab a baguette & come!

AMALFI COAST, ITALY

**TWO DEPARTURES: April 9 to 21, 2018
and October 8 to 20, 2018**

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.

ALSO IN 2018

**Norway * Ireland * Slovenija
Camino de Santiago (Spain)
Iceland * Corfu (Greece)
Canadian Maritimes * Japan
AND MORE!**

TICO # 50018498

Central Club

Iris Cuddy
Joyce & Brian Davis
Elizabeth Gallant
Wendy & Stephen Hillier
Bob Langeland
Catherine & Bob Leitch
Paula M. Leydon
Ted Parkinson
Wendy Woods-Laviolette

Kingston Club

Jill Hancock
Nancy Blair & Del Hume
Deborah Jozefowicz
Bonnie Lewis
J. McCullagh
Annika Duffy & Kim Merkley
Robert & Rose Nolan
Jean Minchau & Gilbert Parrell
Gloria Perrin
Teresa Petrocco
Jackie & Tim Powell
Ernest Rae
Dave Makarucha & Patricia Robson
Maureen Sly

Welcome New Members

Rosemary MacDonald & Rupert Spence
Fran Martin-Winchester & Keith Winchester
Nathalie Le Roch & Jeff Wysocki

Ottawa Club

Melanie Aitken
Doreen Barnes
Jon & Jennifer Bionda
Stephanie Brodeur
Paul Brown
Mary Carlson
Franca Palermo & Peter Christensen
Karen de Lottinville & Tim Dillon
Ruth Donald
Lauren Essiambre
Mark Feldstein
Murray Fleming
Diane Goulet
Ruth Heggteit
Martin Hill
Janet Burnside & Kelvin Holmes
Joyce Hung
Lyn Hunt

Helen Jelich
Susan Kavanagh
Janet Burnside & Colin Kelly
Ruth Kennedy
Mary Latour
Lorin Ledwell
Patricia Leith
Wanda MacDonald
Duncan MacLeod
Brigitte Malenfant
Ann Martineau
Charlene Mathias
Craig McManus
Patricia & Steve Mitchell
Mark Mortimer
Julie Mulligan
Doug & Janet Munn
Craig & Stephanie Munro
Brian & Lorna Newman
Roisin Nwosu
Jacques de Verteuil & Janet Pitcher
Linda Poitevin
Ryan Pyne
Barry Rashotte
Kelly Glynn & Kevin Reynolds

Elaine Robertson
Joan Allison & Richard Rogers
Diana & Stephen Rolston
Sarah Simpkin
Kim Smiley
Pascale Springuel
Sangeeta Murugkar & Prateek Srivastava
Andrew Svensson
Yezdi Tamboli
Jeff Tolan
Nancy & Gerard Vardy
Dianne Wadden
Cynthia & John Way
Angela Wigmore
Mimi Zeissig
Unaffiliated
Claire Poulin-Brooks & Brian Brooks
Sharon Buttrey
Douglas Campbell
Michelle Clarke
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(Send updates by 25th of the month.)

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

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Fall Newsletter: **Deadline August 1, 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, Jane Moore 613 382-7766
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EDITED BY STEVE KELLY, OTTAWA

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2. Who was the first Canadian-born Governor General?
A. Vincent Massey; B. Roland Michener; C. Jules Leger

Association News

RTA BOARD MEETING HIGHLIGHTS

January 21, 2017 McMartin House, Perth

BY DENISE HALL, VICE PRESIDENT

THIS IS A BRIEF SUMMARY OF THE JANUARY MEETING. MORE DETAIL HAS BEEN POSTED TO THE RTA WEBSITE UNDER NEWS.

Treasurer: (Lorraine) - some expenses have been higher than expected, and there will be interest revenue and an HST rebate in the fourth quarter. Kingston member generously donated \$20,000.00 (\$5,000.00/year) for trail maintenance on the Kingston section of the Rideau Trail.

Membership: (Sheila) - current annual membership stands at 910.

Marketing-Communications: (Paul) - statistics show increased visitor traffic to our online presence. New member benefit with Coleman Canada.ca via Hike Ontario.

Trail Routing, Securement and Maintenance: (Jim) - Richmond blue loop between King St. and point 16BD parking lot is closed due to major sewer construction. Recent meetings with Parks Canada and some landowner changes may give us regained access across the Tay River,

and replace the Hwy 43 re-route. DON COULTER'S (Kingston) proposal would establish a visible and circular blue loop, using the urban K&P in Kingston.

Newsletter: (Steve) - JANE MOORE will succeed John Cornish as Newsletter Editor for Kingston.

Club Reports

Ottawa: (Denise) - 15 participants helped in the October clean-up along Roger Stevens Dr. The five strenuous hikes of the High Country Challenge were completed by 17 members - certificates awarded in November. A Volunteer Appreciation Night was held in November, and 62 volunteers attended. A Leader Training and planning event was held on January 12. Spring theme: Waterfall Hikes. **Ron Hunt** and **Ruth Oswald** will be holding a spring INTRODUCTION TO HIKING course in Ottawa in May.

Central: (Gill) - Central Club's AGM (April 8) will be advertised as being open to the general public. As part of Canada's 150th celebration, the

Central Club is planning a historic hike and picnic in Perth/Smith Falls on July 23rd. Central Club is billeting Kingston members during Winter End to End hikes.

Kingston: (Sharen) - Kingston Leaders Potluck discussed safety issues and first aid. Good numbers (50+) also attended a Christmas party and January's Landowner Volunteer Party. Kingston plans Canada's 150 events: spring, first PM hike, and a 150 km Challenge. Special badge and public promotion are in the works.

Other

Jack Tannett (Central Club Rep) - meetings with Parks Canada and the RTA to explore joint opportunities - Canada 150 and others. Blue trails, emphasis on the Rideau Canal, aboriginal history and marketing were among the topics raised. RTA Board initiated a strategic planning project to carry out a comprehensive review and renewal of the RTA's vision/mission and strategic goals. **Brian Grant** (Ottawa Rep.) will chair the working group, comprised of volunteers from all three Clubs. Budget: \$1,000; Tentative due date: January 2018.

Next Board Meeting
April 22, 2017

Marion Armstrong in memory of
Robina Bennett & Don Mitchell
Jim Cale
Ada Chambers
Linda J. Cornell
John Cornish
Maxine Cupido
Joan Evans
Maureen & Ted Freeman
Carol & Alan German in memory of
Robina Bennett
Donald A. Grant
Erich Haber
Verena Hammerli
Bert Horwood
Lois James in memory of Garry
James
Mike Kelly
Helen Kraemer
Brian LaDuke
Jennie Chan & Miu Lam
Renée Lefrançois

Recent Donations

John & Alina MacFarlane
Ann Martineau
Virginia Merritt
Debbie & Eric Millan anonymous
Juliet Milsome in memory of Bob
Gordon
Petrie Island Outdoor Club
John Page
Brenda Ryan
Robert W. Smith
Shelagh Stevens
Elsie Stresman
Gordon Cater & Ina Thomas
Ioannis Tsilfidis
J. A. Van Wijk in memory of
Margaret Page
Pamela Welbourn
Thomas Irwin & Mona Whitaker
Margaret Wild in memory of Margaret
Page

Margaret Wild in memory of Bob
Gordon
Helene & Bill Wilmart-Collard
Howard & Rosalie Wintle in memory
of Margaret Page
Allan Gordon & Nicoleta Woinarosky



3. The British North America Act created a Canada comprised of Ontario, Quebec, New Brunswick and Nova Scotia. Which were the next two provinces to join?
A. Manitoba and Prince Edward Island
B. Alberta and Saskatchewan
C. Manitoba and British Columbia

RTA BOARD MEETING HIGHLIGHTS

April 22, 2017 McMartin House, Perth

BY DENISE HALL, VICE PRESIDENT

President: Lars Thompson welcomed new board members from the Clubs.

Membership: Membership continues to grow. Sheila Menard is retiring.

Marketing & Communications: Working with the Ministry of Natural Resources Paul Galipeau was able to get each club an updated, poster sized (3x4 foot) topo map of the Rideau Trail printed on coroplast, to use for exhibits and displays. Our booth at the Ottawa Outdoor & Adventure Travel Show on April 1-2 enjoyed great interest from the public. The 150 Challenge hikers and the Wild Bruce Chase Runners are giving the RTA a healthy boost on social media.

Trail Coordinator: Jim Lorimer is retiring. Ottawa Maintenance leader, **Mike Beaupre** posted "trail alerts" noting extreme flood conditions in the Marlborough Forest. Central's **Jack Tannett** and **David Batchelor** and **Brian Grant** from Ottawa met with Parks Canada on April 12 to discuss gaining access to the Beveridge and Poonamalie Dams. Parks Canada supports RTA access across both of

these dams. Rideau Trail offered some funding and labour. Kingston will use **Su Nag's** generous donation to upgrade the Rideau Trail in the Marshlands Conservation Area (MCA). It will also fund a bridge on the Slide Lake blue loop in Frontenac Provincial Park. Kingston Club and the City have created a new "blue loop" that will follow the K&P route. Credit **Don Coulter** making this a reality.

Newsletter: Our bigger newsletter costs more to mail. Suggestion: some of our hike descriptions could be shortened to reduce the number of pages in the newsletter.

Treasurer: Lorraine Farkas reported our revenue has gone up by almost \$1,000, due to new memberships and newsletter advertising. We have spent more on Trail Maintenance, our newsletter, acquiring new merchandise and Club events but still managed a surplus of \$5,705.

Club Reports

Ottawa: Ottawa promoted the RTA this spring at the Ottawa Outdoor Travel and Adventure Show, and at Nav

Canada's Earth Day events in April. The Ottawa AGM took place on April 21 with 62 members in attendance. Denise Hall stepped down as Ottawa Chair and **Sandy Freeman** (Vice-Chair) was elected to the position. All executive positions have been filled except for Landowner Liaison. Guest speaker Tony Beck gave a presentation on bird photography. **Ron Hunt** and **Ruth Oswald** have filled two "Introduction to Hiking" courses scheduled for May 6 and June 3rd. A Hike Ontario Certified Hike Leader course will be conducted by member, **Lana Doss** at MEC Ottawa on June 10th. We attended another Gatineau Park consultation meeting with user groups as the Park prepares a new management plan.

Central: In Gill Hyland's absence, **Jack Tannett** reported good attendance by the public at Central's AGM on April 8. They were attracted by presentations of The French Camino Route by Robert Groves and Marianne Lods and Orienteering by Anne and Jeff Teusch of the Ottawa Orienteering Club. After the AGM an orienteering clinic was held at Conlon Farm as well as Central's first accessible hike. Central is planning a number of

(SEE APRIL, PAGE 13)

The RTA 150 Challenge (from page 3)

Hike 150 km on the Rideau Trail any time in 2017 and obtain our special edition commemorative badge. This is open to EVERYONE. Send your completed logs and any questions to **SHAREN YAWORSKI** at sharenann@gmail.com or call 613 449-2808.

Q If I hiked the winter end to end hikes, can I use those km I did toward this badge?

A. Absolutely! Any distance you hiked on the Rideau trail in 2017 will be honoured.

Q. Can I repeat sections of the trail?

A. Yes, you can hike whatever sections of the RT you want to hike, and add to your distance. Just record the days and km on your log.

Q. I have two young children and I heard we can hike together and add up our km to get a family badge. Is that true?



A. Yes. We want to see children out and active in nature, so we encourage you to take them out. Keeping the log might be fun for the kids. If 3 of you walk 5 km one day, that is 15 km. Do that in 10 outings and you will have a completed log to send in to get your badge. If you are not a member, you will also get a Rideau Trail membership for one year.

Q. So non-members can get a badge and a free membership too?

A. Yes. New hikers are welcome to hike with us. Giving a membership is our way of saying try us out. We think you'll like it.

Q. Do I have to go on sanctioned hikes with the clubs to do the Challenge?

A. We will offer RT hikes throughout the year. They are open to non-members, but you can also arrange with your fellow hikers to hike a section on your own. As long as you are on the Trail you can mount up the km. If you are in Ottawa, Merrickville, Kingston, Smiths Falls or anywhere along the Trail, get out hiking and get some exercise.

Eligible hikes:  Main Trail;  Blue Loops

Rideau Trail Association, Annual General Meeting

May 13, 2017, Perth

BY DENISE HALL

This year's AGM was held at the Perth Golf Course, with more than 80 members in attendance. Following the business meeting and light lunch, provided by the Golf Course, members could choose to end the day by joining a hike or by attending an historical walk of Perth. Thanks to Sandy Freeman and the Ottawa Club for organizing the day.

President, Lars Thompson brought the meeting to order at 10:00 a.m. In his opening remarks, Lars thanked outgoing Board members John Cornish, Sheila Menard, Sharen Yaworski, Denise Hall and Jim Lorimer for their contributions to the Association.

Strategic Planning Project

Lead, Brian Grant reported that the Working Group had engaged each of the three clubs in open meetings. Through these and

landowner consultations, they had received many opinions about the Rideau Trail - its strengths and weaknesses (page 14). A member survey will be coming this summer. The Board of Directors will consider the Project's findings in the fall.

Executive Reports

Membership

Bill Ottney presented the report on behalf of Sheila Menard. As of May, 2017 we had 965 RTA members. We have continued to grow over the past few years and the number of non-renewals this year is among the lowest we have had recently.

Trail Coordinator

Jim Lorimer, reported that we have over 100 trail maintainers in our organization and thanked them all for their fine work. He also

informed us of a very recent approval from Parks Canada giving the RTA permission to cross the Beveridge Dam again. Now we can open negotiations with new landowners to return to this preferred route. Negotiations are going well with the Foley Mountain Conservation Area, concerning a permit requirement that affects our group hikes. The condition of the Trail in the Kingston Club will be improved, thanks to a significant donation by Su Nag.

Marketing/Communications

Paul Galipeau, reminded members about some of the discounts available to us. He unveiled our new Canada 150 Challenge Badge (page 3). He mentioned the importance of the Facebook users among us to 'like' the Rideau Trail's page.

Treasurer

Lorraine Farkas detailed our finances. All our investments are in GIC's. She has reduced the number of our financial institutions to two, to make it easier for us to manage. We are in good financial shape right now with our main expenditures being our newsletter, trail maintenance, marketing, and insurance.

Club Boundaries

Bill Ottney addressed concerns raised a year ago, when the Annual Meeting voted to give members the choice of Club affiliation (see opposite). No change is required for the boundaries with respect to Trail responsibility for the Clubs.

Election of Officers

The meeting welcomed several new members to the Board of Directors, including President **Brian Grant**, **Bill Ottney** (Membership) and **David Batchelor** (Trail Coordinator). The now vacant Vice-President position was not filled. Several new faces join the Board as ex-officio members, namely Kingston Chair, **Robert Schofield**, Ottawa Chair, **Sandy Freeman**, and Newsletter Editor for Kingston, **Jane Moore**.

Club Affiliation- the Choice is Yours

At the RTA 45th Annual General Meeting held on Saturday June 16, 2016, the following amendment was made to Bylaw Number 3, Paragraph 18: EACH MEMBER SHALL BE DEEMED AFFILIATED WITH THE CLUB SERVING THE GEOGRAPHIC AREA IN WHICH THE MEMBER RESIDES, UNLESS THE MEMBER EXPRESSES, IN WRITING, A DESIRE FOR AFFILIATION WITH ANOTHER CLUB.

- **What does this amendment mean for you?** You can now choose your club affiliation. In the past, Club affiliation was determined by your address.
- **Why would you want to change your Club affiliation?** Perhaps the majority of your outings are spent with a Club other than your current affiliation. Maybe you recently moved or have a second residence, which is in another Club's jurisdiction.
- **How do I change my Club affiliation?** Simply write to the RTA Membership Director (page 6), either by e-mail or Canada Post, that you wish to change your Club affiliation. Please add a brief reason. You can change your Club affiliation at any time, or you can indicate your preference at renewal time by checking the appropriate box on our redesigned membership application/renewal form (page 17).





RTA Winter Weekend

January 19-21, 2018



Plan to Join us for our annual ski/snowshoe weekend at the Hotel Chantecler in the Laurentians at Ste. Adèle, Québec.

Higher costs give us new prices in 2018. Our double occupancy package will now be \$400 and single occupancy, \$500.

Space is limited to 55 seats; first come, first served.

Package includes:

- Transportation via luxury coach from Kingston to and from Hotel Chantecler, Ste Adèle.
- Single or double occupancy accommodation.
- All meals (except lunches) from dinner on Friday night to early dinner Sunday
- Bus transportation to and from "Petit Train du Nord" trails.
- Saturday evening travel talk; visit "Antarctica" with Konrad and Cecyle.
- All taxes and gratuities.

Contact Bob Schofield for more information or to reserve your space: bobschofield99@gmail.com 613-384-4530



2017 AWARDS

Carol Kerfoot
Jim Middleton
Eric Millan
Rachel Hartviksen
Andrew Nguyen
Bob Hanson
Brian Le Conte
Ron Hunt
Richard Durant
Sam Anderson
Daryl Keays
John Pringle
Art Johnston
Fred Douglas
Dennis Price

Winter

Tom Pearcey
Beverley Pearcey



4. How many islands make up the Thousand Islands near Kingston?
A. 847; B. 1000; C. 1864; D. 2106

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, and three meals a day with accommodations.

For prices and information contact Isa.



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

Leadership Opportunity

You want it. Hike Ontario has it - openings in important positions. If you have a love of the outdoors and an appreciation of the magnificent system of trails that volunteers have created across Ontario, we would love to speak to you. <http://hikeontario.com/volunteer/>

Answers to Canada 150 Quiz

1. A. GG Monck declared July 1 as Dominion Day
2. A Vincent Massey was the first Governor General born in Canada.
3. C. Manitoba and BC joined Canada in 1870 and 1871.
4. C. There are 1864 islands.
5. C. Newfoundland and Labrador's flower is the Pitcher Plant.
6. A. Fungy is a blueberry dessert.
7. B. Standard Time was Sir Sanford Fleming's creation.
8. C. Ontario's Dr. Bell also lived in Nova Scotia.
9. False: It's not illegal unless the Trillium is on protected property such as a conservation area or provincial park.
10. A. The Group of Seven worked at Grip ad agency.
11. A. Some fast moving weather is called a clipper.
12. True: RTA Kingston has a pub night there every November!

CENTRAL CLUB ACTIVITIES - SUMMER 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 15).

NOT SURE?

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

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

Please check the start times for all hikes as there may be some variation.

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 Club.



WEDNESDAY WANDERERS - These shorter, mid-week hikes are suspended for the summer and will resume in September. Details are sent out each Monday by email. Contact: MARGARET LAFRANCE
mfracance3@cogeco.ca (613) 466-0403

Special Notes

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 judgment 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

Frontenac Challenge: Enjoy the splendour of the fall colours in Frontenac Provincial Park by hiking each of the 11 loops that form the Frontenac Challenge within the months of September and October. For the Frontenac Trek, complete 6 of the loops. An additional challenge is being planned by the park; details will be available in the summer. To get you started, some hikes will be in the schedule but for those interested in more mid-week hikes, please contact David Batchelor dlhbatchelor@gmail.com 613 264 1559

Celebrate Canada's 150th Birthday!

Look for the special events highlighting our history and celebrating our birthday! Earn your limited edition 150 badge either alone or with family. Qualifying hikes are marked with



(See '150', page 3)

5. Which province has the carnivorous Pitcher Plant as its provincial flower?

A. Alberta; B. Saskatchewan; C. Newfoundland and Labrador

Central Club Activities Calendar

Saturday, June 3 Maintenance Morning

Come out and help give the trail some TLC. Meet at Conlon Farm 9 am. 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 at 9 am. Gas \$3 Leader: Tom Pearcey tompearcey7@gmail.com 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 at 9 am, gas \$6, park fee. Leader: Yvonne Kennedy yvnkennedy@gmail.com 613 267 9817

Saturday, June 17 Rideau Trail Bedford Mills & "Fish Fry"

* Note departure time *

Level 2, 10-12 km, moderate pace. We will follow the Rideau Trail northwards from St. Stephen's Anglican Church in the historic village of Bedford Mills. The Trail is rugged and undulating as it winds through hardwood forests and along the picturesque McAndrews Road. This is an out-and-back hike, with lunch along the way. Gas \$4. Depart Conlon Farm **10:30 am**

The hike will be followed by an optional "Fish Fry" dinner at the Lion's Club Beach Meeting Hall. Dinner starts at 5 pm. Dinner tickets (\$15) paid at the door. Confirm with leaders by June 12. Leaders: Howard & Mary Robinson, hmrob@storm.ca 613 256 0817

Saturday, June 24 Linda's Loop

* Note departure time *

Level 3, 15.6 km, 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 **8:30 am**. Leaders: Howard & Mary Robinson, hmrob@storm.ca 613 256 0817

Sunday, June 25 Rideau Trail, new Blue Trail, Kingston

* Note departure time *

Level 1, 11 km, moderate pace. This is a joint hike between the Kingston and Central Clubs. The very first RTA hike on the newly opened Blue Trail in Kingston. Hike from Sydenham Rd. to Doug Fluher Park on the newly extended K&P trail. Prompt **7 am** departure from Conlon Farm. Gas \$10 (or meet at Cdn Tire, Kingston at 9 am) Leader: Jack Tannett 613 466 0417 jtannett@cogeco.ca

Note: the Kingston Club is hiking the main Rideau Trail through Kingston on the previous day (June 24). Our Sunday hike completes the loop.

Saturday, July 1 Rideau Trail, Murphys Point, Canada Day BBQ

Level 1, 8-10 km, moderate pace. Celebrate Canada's birthday! Enjoy a hike along a scenic section of the Rideau Trail and then stop for a BBQ lunch and birthday cake at the beach in Murphys Point, hosted by Friends of Murphys Point as a fundraiser. Gas \$2. Park fee Depart Conlon Farm 9 am. Leader: David Batchelor 613 264 1559 dlhbatchelor@gmail.com

Saturday, July 8 Paddle Irish Creek and Rideau River from Smiths Falls

Please see Ottawa Activities. Leader: Kevin Reynolds kevinjunk9@gmail.com 613-258-1337

Sunday, July 9 Historic Walking Tour of Smiths Falls

Level 1, 5 km, slow pace. Learn more about the social and architectural heritage of Smiths Falls. End with a pub lunch beside the Rideau Canal. Group size limited to 15. Please pre-register by e-mailing the leader before June 30. Depart Conlon Farm 9 am or the Watertower parking lot, Smiths

Falls 9:30 am. Gas \$3. Leader: Dorothy Hudson 613 283 0332 hudsondorothy44@gmail.com

Wednesday, July 12 Maintenance Morning

Come out and help keep the trail in perfect shape. Meet at Conlon Farm 9 am. For details contact Jack Tannett jtannett@cogeco.ca 613 466 0417

Wednesday, July 12 Hike Leaders Planning Meeting & Potluck

Come for a planning meeting and potluck supper at the Batchelor's home at 5 pm. Not able to come? Contact Pat patbatchelor13@gmail.com 613 264 1559

Sunday, July 16 Rideau Trail Lions Beach to Narrows Lock Rd

Level 2 12.1 km, moderate pace. Join our friends from the Kingston Club as we hike through beautiful Foley Mountain. Depart Conlon Farm **8:30am**. Gas \$3. Car shuttle. Optional post-hike refreshment stop at The Cove Inn. Leader: Anna Cornel 613 267 6126 annacornel27@gmail.com Kingston Leaders: Gunhild Karius karius1@cogeco.ca or Bill Ottney 613 858 3183

Saturday, July 22 Rideau Trail, Burritts Rapids

Level 1, 15 km, moderate pace. Come and explore a section of the trail near Burritts Rapids and stop for refreshments afterwards. Car shuttle, gas \$5. Depart Conlon Farm at 9 am. Leader: Nancy Gaudreau ndgaud@gmail.com 613 390 9532

Saturday, July 22 Paddle on Crotch Lake

Please see Ottawa Activities. Leader: Kevin Reynolds kevinjunk9@gmail.com 613-258-1337

Saturday, July 29 Paddle on Taylor and Clayton Lakes

Level 2, moderate pace, 12 km. Come and explore nature from the water's edge by canoe or kayak on Taylor and Clayton Lakes in Lanark Highlands. Bring canoe/kayak, all safety equipment, lunch and swimming attire. Depart Conlon Farm at 9 am. Leaders:

(CENTRAL ACTIVITIES)

Howard and Mary Robinson
hmrob@storm.ca 613 256 0817

▲ **Saturday, August 5 Rideau Trail,
Narrows Lock to Miners Point Rd**

Level 1, 8 km, moderate pace. Enjoy winding country lanes and woods as you follow the shoreline of Big Rideau Lake, stopping for a break at Red Rock. Gas \$3. Depart Conlon Farm 9 am. Car shuttle. Leader: Yvonne Kennedy yvnkennedy@gmail.com 613 267 9817

▲ **Saturday, August 12 Accessible
Hike Beveridge Lock**

Level 1, distance to be determined, slow pace. Plan to join us for a stroll in the countryside, suitable for those needing support. Bring water and a snack. Please register with the leader before August 10. Leader: David Allcock daveonottylake@gmail.com 613 706 3562

Sunday, August 13 Maint. Day

Are you happy to help with trail chores? Meet at Conlon Farm 9 am.

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

▲ **Saturday, August 19 Rideau
Trail, Buck Lake Blue Loop**

Level 1, 16 km. Moderate pace. A pleasant trek along quiet country roads and on a good trail through a hidden valley. Formerly the main Trail. Maple Leaf Road on the Cataraqui Trail north to Massasauga Road near Bedford Mills. Optional ice cream stop in Westport afterwards. No drop out points. Car shuttle. Gas \$4. Depart Conlon Farm 9 am. Leader: Jack Tannett jtannett@cogeco.ca 613 466 0417

▲ **Sunday, August 27 Rideau Trail,
Port Elmsley-Poonamalie Sde Rd**

Level 1, 8 km. Moderate pace. Interesting mix of fields, woods and road. A snack and water should be sufficient. Car shuttle. Gas \$2. Depart Conlon Farm 9 am. Leader: Tom Pearcey tompearcey7@gmail.com 613 284 1294

Saturday, Sept. 2 No activities.

Saturday, Sept. 9 Frontenac Park

Level 2, moderate pace, 15 km. Come and explore the Gibson Lake Loop in the northern part of Frontenac Park. Trek through rugged terrain and by a wetland fen. Depart from Conlon Farm at 9 am. Gas \$6 Leaders: Howard and Mary Robinson, 613-256-0817 hmrob@storm.ca



**Sunday, September 17 Frontenac
Park - TBA**

Contact David Batchelor 613 264 1559
dlhbatchelor@gmail.com

Sunday, September 24 Rock

Dunder (Note: fees apply)

Level 2, 6 km. Moderate pace. A perennial favourite. Enjoy the shady woods and rocky crags as you climb to the summit for the grand views all around. Access fees apply; donations welcome. Depart Conlon Farm 9 am, gas \$5. Leader Tom Pearcey tompearcey7@gmail.com 613 284 1294

Picture Yourself Here...

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

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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



(APRIL REPORT, CONTINUED FROM PAGE 8)

activities to celebrate Canada's 150th anniversary, including a historic walk through Smith Falls, a BBQ at Murphy's Point Park and a fall potluck. Some members from Central club attended a meeting of the Ottawa Valley Recreation Trail, a multi-use trail that will run from Smith Falls to Mattawa.

Kingston: Sharen Yaworski reported that Kingston's AGM was held on April 21. Sharen retired as Chair and **Bob Schofield** was elected. Sharen has assumed the Landowner Liaison post. She is also looking after our 150 Challenge event which so far has been showing much interest both in and out of our club. As of April 15, we have had 8 completions. Sharen expressed Kingston's need for new leaders, and a hike leader course might stimulate some interest.

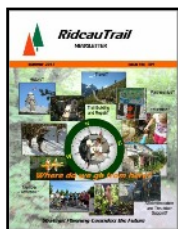
Other: The 150 Challenge, Boundary issues and the strategic planning process were discussed and are covered in more detail in this newsletter. **Bill Ottney** reported that Foley Mountain requires permits for hiking there. They have agreed to accept a single permit per club, per season for group hikes.

Next Board Meeting: Saturday, July 22, 2017.

Where Do We Go from Here?

Strategic Planning - Update

BY BRIAN GRANT



This spring the Strategic Planning Working Group has consulted with members, members of club executives and board members at town hall and other meetings. In addition, we have spoken to landowners, partner organizations and other hiking clubs.

Through these consultations, we have learned that our dedicated volunteers are our greatest assets. We have a lot of information to study and it is too earlier to draw

conclusions, but we are getting many ideas from RTA members and others.

Please take the time to tell us about what we are doing well and how we can improve. If you see challenges ahead, maybe you have some suggested solutions. Tell us what we could/should do to make the Rideau Trail and the Association even better and more exciting.

Share your ideas by sending us an e-mail at StrategicPlanning@RideauTrail.org

Alternatively, mail your comments to

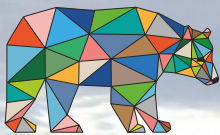
Brian Grant
9 Norwich Way
Ottawa, Ontario K2G 5P4

6. In Nova Scotia, they serve a local treat known as a fungi. What is this local delectable?

A. Blueberry pie B. Seafood stew C. A very strong drink

7. In 1879, which Canadian invented Standard Time, time zones and Greenwich Mean Time (GMT)?

A. Normand Bethune B. Sanford Fleming C. Frederick Banting



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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
sharenann@gmail.com
Sharen Yaworski, RTA Rep.
For Kingston Club



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

Member Services

(Who gets your question?)

Whatever the question, just contact 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.

Central Club Executive

Chair: Gill Hyland
Past Chair: Dorothy Hudson
Vice Chair (Board Rep.): Jack
Tannett
Secretary: Nancy Gaudreau
Treasurer: Bill Kennedy
Trail Maintenance: Jack Tannett
and Peder Krogh
Routes and Negotiations: David
Allcock
Activities: Pat Batchelor
Publicity: Mary Robinson
Social Convener: Barb McIntyre
and Elisabeth Kuiper
Director at Large: Robert Groves

Kingston Club Executive

Chair: Bob Schofield
Past Chair (Board Rep.): Sharen
Yaworski
Vice Chair: - vacant -
Secretary: Jane Neil
Treasurer: Lynn Esau
Outings: Peter Burbidge
Publicity: Deb Schofield
Construction: Jim Lorimer
Maintenance: Stan Huff
Special Events: Linda Line
Human Resources: Loma Deyo
Members at Large:
Patti-Lynn Earle
John Cruickshank
Newsletter Editor: John Cornish

Ottawa Club Executive

Chair: Sandy Freeman
Past Chair: Denise Hall
Vice Chair: Kim Hiscott
Club Representative: Denise Hall
Secretary: Dawn Carrick
Treasurer: Ron Hunt
Trail Maintenance: Michael
Beaupré
Landowner Liaison: Lianna
Cousins
Activities: Ann Lane; Dave Audette
Publicity: Theresa Quenneville
Member at Large: Kerstin Bjarbo
Member at Large: - vacant -
Newsletter Editor: Steve Kelly

Participants' Responsibilities

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

Levels of Difficulty

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

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

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



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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 \$2.50 ☐ RTA Hiker Name Pin (Print clearly please.) \$7.00 MEMBER'S NAME Donation, Rideau Trail Association* \$ _____ Donation, Rideau Trail Preservation Fund* \$ _____ Total \$ _____ Send with a cheque (CAD) to Rideau Trail Association, PO Box 15, Kingston ON K7L 4V6 Membership year: April 1 to March 31. Those joining after Oct. 31 are paid-in-full for both current and following years. * Official receipts will be issued for \$10.00 or more (Charitable Reg. No. 11911 9485RR 0001)	☐ New Membership ☐ Renewal Preferred Club Affiliation: ☐ Central ☐ Kingston ☐ Ottawa ☐ Unaffiliated (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): _____

8. A famous inventor owned homes in Brantford, ON, and Baddeck, NS. Who was he?
 A. Thomas Edison; B. Benjamin Franklin;
 C. Alexander Graham Bell

9. It is illegal to pick a Trillium in Ontario. True or False?

KINGSTON CLUB ACTIVITIES - SUMMER 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 15).

NOT SURE?

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

CARPOOLING AND FEES

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

MEETING PLACE

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

INFO FOR LEADERS

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

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

E-LETTER

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



WEDNESDAY WALKERS - Ideal for people interested in healthy exercise walking at a comfortable pace with some social interaction. Walks depart every Wednesday afternoon at 1:30 pm. For details, contact Helen at (613) 766-0482 or hkramer@outlook.com with your name and phone number.

ACTIVITIES CALENDAR

▲ Saturday June 3 Canada's 150 Triad (Hike #3 of 3)

Level 3 Lions Beach to Bedford Mills 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 and 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 Official Opening of New K&P Blue Trail

Level 1, moderate pace 10 km. Visit Kingston's industrial past sites in the Inner Harbour area. Meet at Douglas Fluhrer Park at the N end of Wellington St. for 1 hr Opening Ceremony at 11 am. Leader: Don Coulter 613 542 9998 coulter.dm@sympatico.ca

▲ Saturday June 10 Three "Amazing Places"

all "corralled" along the Rideau Canal, in one day! Hike Rock Dunder in morning: Level 1-2, moderate pace, 8 km. Lunch and exploration 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 plus park fee.

Depart CT at 9 a.m. Leader: John Cornish 613 382 4778

▲ Sunday June 11 Slide Lake Loop Frontenac Park from Perth Rd.

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

Sunday June 11 Cape Vincent and Tibbits Lighthouse Cycle

* Passport Required *
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. Be sure to bring your passport, lunch,

(KINGSTON ACTIVITIES)

water and money (\$2.50) for the ferry to Cape Vincent. Ice cream stop on the way back. Leader: Pat Casey 613 385 2356

Thursday June 15 Fort Henry Walkabout

Level 1, easy pace, 4 km. Circumnavigate Fort Henry with spectacular views. Meet at Tourist Information Kiosk at bottom of hill for 6:30 pm departure. Potential refreshment stop after outing. Leader: Elgin Bock 613 389 4216

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. Dinner tickets (\$15) paid at the door. Confirm with leader by June 12. Depart CT at 11 am. Gas \$6. Leader: Linda Line 613 531 4353

Sunday June 18 Cedar Lake Loop Frontenac Park

Level 2, moderate pace, 15 km. Hike this circular route enjoying rolling terrain, long board walks, and many ponds. Depart CT at 9 am. Gas \$4 plus park fee. Leader: Ann Wilson 613 531 9873

Wednesday June 21 Midsummer Evening Hike

Level 1 slow to moderate pace, about 6 km, Battersea to Dog Lake and return. Depart CT 5 pm, gas \$3. Leader: Bob Chadwick 613 544 9222. Dine at Creekside Inn about 5.30 pm. Call leader in advance for dinner reservation or meet at Inn at 7 pm for start of hike. There will be time for a quick dip at the beach.

▲ Sat. June 24 Circumnavigate Canada's First Capital Hike #1

Level 1, moderate pace, 11 km. Walking from Sydenham Road Parking lot near 401, we will hike thru the cemetery and train station down to the lake, City Hall, then over to Doug Fluher Parking Lot. Meet Canadian Tire at 9 am. to arrange car shuttle. Gas

\$2. Leaders: Ann Wilson 613 531 9873 and Gloria Seeley 613 546 2503

▲ Sunday June 25 Circumnavigate Canada's First Capital Hike #2

Level 1, moderate pace, 11 km. Walk from Sydenham Road via the newly extended K&P trail which shows off how Kingston has enhanced our city with more walking space. Car shuttle. Meet at CT at 9 am. Gas \$2. Leaders: Sharen Yaworski 613 544 6022, and Jack Tannett (Central Club) jtannett@cogeco.ca 613 466 0417

BORED ALREADY? READY FOR A CHALLENGE? TAKE THE LEAD! GO WHERE YOU WANT, AND YOU CHOOSE THE DAY AND THE TIME. WE'LL ARRANGE A HIKE ONTARIO LEADER COURSE AND MAYBE A CO-LEADER. YOU CAN DO THIS, AND WE NEED YOUR IDEAS. CHECK WITH PETER OR SHAREN

Tuesday July 4 Waterfront Walk

Level 1, easy pace, 4.5 km. Enjoy a comfortable morning stroll along paved walkways from the "Old Trailhead" at Marshlands Conservation Area opposite Commodore's Cove to Tim Hortons in Historic Portsmouth Village and return. Meet at Old Trailhead to depart at 9 am. Leader: Sharen Yaworski 613 544 6022

Thursday, July 6 Midsummer Evening Hike

Level 1, slow to moderate pace. Bath lakeside walk and historic village tour. Depart CT 6.30 pm or meet in Bath at 7 pm on Main Street at the Bath Water Plant just east of the traffic lights. Gas \$3 Leader: Bob Chadwick (former Bath resident) 613 544 9222

▲ Saturday July 8 Slide 'n Swim Slide Lake Blue Loop

Level 3, moderate pace, 14.6 km. A Gunhild and Bill 'Top Ten'. Join the leaders on their very favourite scenic around-the-lake hike with certified bug-free lunch stop at the waterfall and optional refreshing swim in Buck Lake. Depart CT at 8:30 am. or meet at 6767 Perth Road at 9:15 am. Gas \$4 Leaders: Bill Ottney 613 858 3183 or Gunhild Karius karius1@cogeco.ca

Sunday July 9 Wolfe Island Cycle

Level 2, moderate pace, 40-50 km. Ride the quieter sideroads of Wolfe Island enjoying the farmland, woods, and gentle terrain. Meet at the Wolfe Island Ferry Dock by Tim Hortons downtown, to board the 8:30 am ferry. Leader: Audrey Sanger 613 384 6244

Tuesday, July 11 Summer Morning Hike

Level 1 slow to moderate pace, about 5 km, Chaffey's Lock blue trail circuit. Eat packed lunch by the locks or purchase meal nearby. Depart CT 9 am. Gas \$6. Leader: Bob Chadwick 613 544 9222

▲ Saturday July 15 "Amazing Places" Series

Level 1 hiking, good for new members! East to Delta's Old Stone Mill and Brockville. Lunch and hike 5 km. on Buell Creek Trail, moderate pace, then tour the famous "Railway Tunnel" under Brockville City. Gas \$8, plus donation at Delta, and admission charge for Tunnel. Depart CT at 9 am. Leader: John Cornish 613 382 4778

▲ Sunday July 16 Triad +1 Lions Beach to Narrows Lock Road

Level 2 moderate pace, 12.1 km. Hike #4, though beautiful Foley Mountain with our Central Club friends. Meet at Lions Beach in Westport 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 07/08 (07D to 08C) Optional post-hike stop at The Cove. Leaders: Bill Ottney 613 858 3183 and Gunhild Karius karius1@cogeco.ca

Sunday July 16 Paddle Third Depot Lake

Bring your canoe or kayak and enjoy an easy paddle to the far end of the lake and stop to see the water falls on the way back. Bring your lunch and water. We will have a swim stop along the way. B.Y.O.B.: Bring your own bug spray! Ice cream stop at Dairy Queen on the way back. Gas \$6. Depart CT 9 am. Leader: Pat Casey 613 385 2356

Sunday July 23 Rock Dunder

Level 2, moderate pace, 8 km. Everyone is welcome for this beautiful outing. Scenic views. Bring your

(KINGSTON ACTIVITIES)

camera, bug spray, lunch. Fun time for everyone. Ice cream after hike. Gas \$5 plus park fee. Depart from CT 9 am. Leader: Stan Huff 613 548 3003

Tuesday July 25 Summer Morning Hike

Level 1, slow to moderate pace, about 6 km. Sydenham out and back on lakeside section of the Cataraqui Trail. Beach access in town after hike. Bring lunch, or eat at restaurant in town. Depart CT 9 am. Gas \$3. Leader: Bob Chadwick 613 544 9222



Saturday July 29 Amazing Places-Charleston Lake Park

Level 2, moderate pace, 13.5 km. New archeological Insights into the "amazing" Gordon Rock Shelter plus other East-Side Trails. Good swimming at lunch. Gas \$6 plus share of park fee. Depart CT at 9 am. Call if you can meet the group for leader: John Cornish 613 382 4778

Friday August 4 Urban Walk

Level 1, easy pace, 10 km. Meet at the Marshlands Conservation Area parking lot opposite Commodore's Cove on King St W. Walk to the Train Station and return. Bring water, snack, and wear sturdy shoes. Meet to depart at 9 am. Leader: Sharen Yaworski 613 544 6022

Saturday August 5 Simcoe Island Walkabout

Level 1, moderate pace, ~10 km. Enjoy the two ferry rides and the stunning vistas of Kingston City from Simcoe Island. Time for waterside picnic lunch and possible swim stop. Meet at the Wolfe Island Ferry dock beside Tim Hortons in time to carpool and board the 8:30 am ferry. Leader: Audrey Sanger 613 384 6244

Tuesday August 8 Summer Morning Hike

Level 1, slow to moderate pace, ~4 km. Jones Falls Dam circular walk. See this historical engineering wonder and museum by the Rideau Canal. Eat packed lunch by the locks. Depart CT 9 am. Gas \$6, Leader Bob Chadwick 613 544 9222

Saturday August 12 Gananoque Trail

Level 1, moderate pace, 12 km. A nice place to be in the summer! Walk on well-groomed trails and historic streets, lunch break at Tim Horton's, possible afternoon swim. Depart CT at 9 am. Call if you can meet the group for leader: John Cornish 613 382 4778

Sunday August 13 Wolfe Island Cycle

A moderate cycle of ~ 50 km. from the village of Marysville to the east end of the island and return. Enjoy the rolling hills and wildlife. Lunch and a swim stop in the Saint Lawrence. Stop for ice cream stop on the way back, and visit Wolfe Island Bakery for mouth-watering homemade treats. Meet at the Wolfe Island ferry dock for the 9:30 am. ferry. Newcomers are welcome. Leader: Pat Casey 613 385 2356

 Saturday August 19 Rideau Trail at Bedford Mills

Level 2, moderate pace, 10 km. Hike from Bedford Mills Church, take the ferry and return by the Bypass. Depart CT 9 am. Gas \$4. RT Map #06 Leader Stan Huff 613 548 3003

Tuesday August 22 Summer Morning Hike

Level 1, slow to moderate pace, about 5 km. Yarker circular walk. A scenic village on the Napanee River and Cataraqui Trail. Dine in restaurant overlooking falls or eat packed lunch nearby. Depart CT 9 am. Gas \$4. Leader: Bob Chadwick 613 544 9222

Sunday August 27 Parrott's Bay Ramble

Level 1, easy pace, 6 km. Enjoy this local park and circle the bay, followed by refreshment stop. Gas \$2. Depart CT at 1:30 pm or meet at Bath Road entrance at 1:45 pm. Gas \$2. Leader: Jane Moore moorejaneg@gmail.com 613 382 7766



Saturday September 2 Frontenac Challenge Big Salmon Lake Loop

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

Sunday September 3 Frontenac Challenge Arkon, Doe and Arab

Level 2, moderate pace, 17 km. This woodland trail in the park's western section feature historical sites, many beaver ponds and a unique ring bog. Depart CT at 8 am. Gas \$4 plus shared park fee. Leader: Ann Wilson 613 531 9873

Monday Sept 4 Frontenac Challenge Little Salmon-Little Clear-Hemlock

Level 3, moderate to fast pace, 25 km. Close the loops around three Frontenac Park lakes. Depart CT at 8 am. or meet at Big Salmon Parking lot at 8:45. Gas \$4 + Park Fee. Leaders: Gunhild Karius karius1@cogeco.ca or Bill Ottney 613 858 3183

 Wednesday September 6 Frontenac-Slide Lake 'Lite'

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

Sunday September 10 Frontenac Challenge Cedar Lake Loop

Level 2, moderate pace, 15 km. Hike this circular route enjoying rolling terrain, long stretches of boardwalk, and many ponds. Depart CT at 9 am. Gas \$4 plus park fee. Leader: Audrey Sanger 613 384 6244



10. Six artists of Canada's famous Group of Seven met while at Grip. What was Grip?

A. Advertising agency; B. Artist's lounge; C. Ale house

OTTAWA CLUB ACTIVITIES - SUMMER 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 15).

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.

On **NCC land**, 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 Club.

Regular Activities

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

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

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

Urban Walks - Tuesday evening Urban Walks recommence September 12. 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: **Maureen Dawson** 613-226-3864.

Thursday Morning Hikes These hikes finish in June. 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.

 **150! THURSDAY ON THE TRAIL** Meet Baseline Park & Ride to leave at 9:30 am. Dave Audette 613-601-2833

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 Trail Runs (New for 2017!) Level 2+, casual no-drop, 8 to 15 km, every Saturday from April 1 to November 4. We will run some of the best trails in Ottawa-Gatineau. Rain or shine: we run in all conditions. Bring water and a snack. Depart from Tunney's Pasture at 8 am. Gas \$3. Leader: **Paul Galipeau**, pgalipeau@gmail.com

ACTIVITIES CALENDAR - OTTAWA



Waterfall Series Hike #19 Saturday, June 3 Rideau Falls

Level 1, route and distance to be determined. Urban walk, stopping off to visit a few Doors Open embassies, and historic buildings, as well as government and/or community facilities. Rideau Falls is on the route. Bring a lunch. Depart from Strathcona Park parking lot (Somerset St E/Range Rd) at 9:30 am. Leader: Ethel Archard, 613-592-7733 ethel.archard@sympatico.ca

Saturday, June 3 Gatineau Park, Ramparts

Level 2, 12 km, moderate pace. P12 to the Ramparts Initial steep climb on trail 2. Brief break to enjoy the Ramparts' view then trail 3 to Huron cabin for lunch. We will return to P12 on trails 1, 1B, 18, 21 and 2. Meet at Tunney's Pasture at 9:15 am for a 9:30 departure. Gas \$3. Leader: Bob Smith 613-225-1358 rsmithdsl@magma.ca.

Saturday, June 3 Gatineau Park, Lac Racine and Lac Richard

Level 3, around 10 km from Ramsay Lake using unusual routes with a navigational challenge and a very rugged section. This hike is for level 3 enthusiasts only. Depart at 9:30 am from Tunney's Pasture. Gas \$5. Leader: Graham Creedy, 613-789-1657

Sunday, June 4 Greenbelt, Stony Swamp

Accessible hike, 2 to 3 km. 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.



Sunday, June 4 Waterfall Hike Dunlop Falls (replaces # 4)

Level 2, 6 km. Steady uphill from P9, easy pace. Lunch at Fortune Lake and return via Trail 32. Meet at Tunney's Pasture for a prompt 9:30 departure. Gas \$3. Leader Ann Lane e.ann.lane@gmail.com.

Tuesday, June 6 Gatineau Park, Pink Lake to Mackenzie King Estate

Level 2, 7 km. Sunset 8:48. Gas \$3. Leader: Hazel Miller, 613-232-6558. Meet at north end of Tunney's parking lot at 5:50 for 6 pm departure.

RTA Night at the Pub THURSDAY, JUNE 8

Royal Oak Centreponte, 117 Centreponte Dr. Easy access from the Baseline Transit Station. Starting at 7 pm. Join your fellow Ottawa Club members to share memories of the spring hiking season and enjoy a display of photos taken on the waterfall hikes. Prizes will be awarded to the person who has completed the most scheduled waterfall hikes and to the person with the best photo taken on one of those hikes. Take part in the final vote at the pub! Light snacks will be provided.

Friday, June 9 Night Hike Lusk Falls to Gat. Park Visitors Centre

Level 3, 26 km., approx. 6 hrs. Full-moon night hike. Rain date Saturday, June 10. Meet at the GP Visitors Centre (Scott Rd, Chelsea) for a 7 pm. departure. Hike up Lusk Falls and return to Chelsea by way of Ridge Rd. Comfortable boots, bug spray and headlamps essential. Eat before departure, bring snacks and water. Car shuttle. Gas \$7. Please pre-register with leader: Omar Bello 613-238-3723 obs0422@gmail.com.

Saturday, June 10 Gatineau Park, Skyline Trail

Level 2, 6 km, moderate pace from P7. Meet at Tunney's Pasture at 9:15 am for departure at 9:30. Bring water, bug repellent and sunscreen. Gas \$3. Leader: Terry McComb, 613-820-3936

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 re.hunt@sympatico.ca

▲ Saturday, June 10 Doug's Wildlife and Birding Hike (new area)

Level 2, 8.5 km in Marlborough Forest. All on flat trail or bush road except a short section across a scrubby field. Lots of beautiful Ducks Unlimited ponds and marshes with lots of waterfowl, birdlife and marsh animals in general. Relaxed pace and some retracing of steps. Bring lunch, binoculars and wear good boots. Optional pub stop after the hike. Depart from Fallowfield Park & Ride at 10 am. Gas \$5. Leader: Doug Parsons, 613-843-8222

Tuesday, June 13 Gatineau Park, P16 to Healey

Level 2, 10 km. Sunset at 8:52, Gas \$4.00, Leader: Trudy Stephen, 613-828-9313. Meet at north end of Tunney's parking lot at 5:50 for 6 pm departure.

▲ 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: a spillway and a manual swing bridge. At the Stoney Steps, water cascades over shelving rocks. Uneven terrain: good shoes required. Lunch in Burritt's Rapids or Merrickville. Meet: Fallowfield Park & Ride at 9:15 am for a 9:30 departure. Gas \$5. Leader: Audrey Stewart, 613-722-9641 audrey.j.stewart@gmail.com

Saturday, June 17 Gatineau Park, Carman and Brown Lakes

Level 2, about 10 to 12 km; 2 leaders, 2 paces. Hike end to end between P15 and P17, mainly on the shady, up and down snowshoe trails. Lunch at the Carman overlook, where the drivers will exchange car keys. Meet at Tunney's Pasture no later than 9:15 am to depart at 9:30. Gas \$4. Leaders: Jean Gauthier, jrgauth@teksawy.com 613-422-3997 and Ann Bolster 613-828-5131 ann_bolster@hotmail.com.

Tuesday, June 20 Gatineau Park, Wolf Trail from P13

(OTTAWA ACTIVITIES)

Level 2, 10 km. Sunset 8:55. Gas \$3. Leader: Joanne Tuttle, 613-729-8787. Meet at Tunney's Pasture at 5:50 for 6 pm departure.

▲ **Saturday, June 24 Tunney's Pasture to Andrew Haydon Park**

Level 1+, about 10.5 km, RTA Map 19. Lovely hike along the Ottawa River. Bring water, sunscreen, lunch and a snack. Meet at Tunney's Pasture at 9 am. Car shuttle. The hike will count towards the 150-km challenge! Leader: Sandy Freeman, 613-225-2940

▲ **Saturday, June 24 Rideau Trail and Timm Drive Trails**

Level 1, 7 to 8 km, about 3 hours. From Corkstown Road at the railway tracks, we will hike towards Bells Corners, cross Timm Drive and then circle on NCC path 21 and return. Bring a lunch, water and bug repellent. The trail is a wooded path with some stone dust surface. Meet at Baseline Park & Ride at 10 am. Gas \$2. Leaders: Marilyn Schwartz, 613-828-4488 marilyn_sch1970@yahoo.ca and Marg Wooley margwooley@gmail.com

Saturday, June 24 Gatineau Park, Trail 50

Level 2, 14 km, fast pace. Hike from P16 along trail 50 to trail 52, then back to Herridge for lunch about 1 pm, then return to P16. Meet at Tunney's Pasture at 9:15 am for departure at 9:30. Bring bug repellent and sunscreen. Gas \$4. Leader: Terry McComb, 613-820-3936

Sunday, June 25, Gatineau Park. Sentier des Pionniers

Level 1, 5-6 km, brisk pace. From P3, we will explore Sentier des Pionniers and Trail 5. Gas \$3. Meet at Tunney's Pasture at 1 pm. Kathryn Fournier, lou_daybreak@hotmail.com.

Tuesday, June 27 Gatineau Park, P12 to Western Lodge

Level 2, 8 km. Sunset at 8:55, gas \$3.00, Leader: Lena Creedy 613-789-1657. Meet at Tunney's at 5:50 for 6 pm. Departure.

Saturday, July 1 Gatineau Park, Lac Richard

Level 1, 4.5 km, 3 hours at a leisurely pace on trail 56 (old gravel road) from

Eardley-Masham Road plus a short hike on a faint trail. Little climbing. Swim and lunch at lac Richard. Bring lunch and water. Depart from Tunney's Pasture at 9:30 am. Gas \$5. Leader: Jean Gauthier, 613-422-3997 jrrgauth@teksawy.com

 Rideau Trail Thursdays ▲
The RTA 150 Challenge

Each Thursday we will hike a different section of the trail and since the portion closest to Ottawa is easy for people to hike on their own, we will start further out. Meet at Baseline Park and Ride parking lot for 09:20 and departure at 09:30. (No parking) Car shuttle. Bring a lunch and plenty of water. Leader: Dave Audette 613-601-2833 dg.audette@sympatico.ca

▲ **Saturday, July 1 Parliament Hill**

Level 1, 10 km. Walk along the Rideau Trail from Tunney's Pasture to Parliament Hill and back. Enjoy the Canada Day festivities downtown and return. View the fireworks from a vantage point along the route on the way back. Bring flashlight or headlamp. Meet at Tunney's at 6 pm. Leader: Denise Hall, 613-843-8222 rebeccahall@rogers.com.

Tuesday, July 4 Étienne Brûlé Lookout to Ramparts

Level 2, 9 km. Sunset 8:53. Gas \$3, leader Joanne Tuttle 613-729-8787. Meet at Tunney's at 5:50 for 6 pm. departure.

Saturday, July 8 Gatineau Park, Lac Clair

Level 2, about 8 to 10 km. Two hikes/speeds, two leaders, meeting for lunch at a beautiful swim spot. Mostly well-defined trail, with some off-trail on both routes, from Eardley-Masham Road. Lovely views from high points an option. Meet at Tunney's Pasture no later than 8:30 to depart at 8:45 am. Gas \$5. Leaders: Ann Bolster, 613-828-5131 ann_bolster@hotmail.com. Jean Gauthier, 613-422-3997 jrrgauth@teksawy.com

Saturday, July 8 Paddling, Irish Creek & Rideau River

* Note meeting point *

Level 1, about 4 hours. This will be an out and back flat-water trip through wetlands and farmland. Depending on water levels, wind, bugs, and group speed we will paddle Irish Creek and/or the Rideau. Nesting Osprey activity plus wetland birds and beasts. Plan for a rafting lunch. Depart Smiths Falls Memorial Community Centre parking lot behind the building (against Landsdowne Street) at 9:30 am. Leader: Kevin Reynolds kevinjunk9@gmail.com, 613-258-1337

Sunday July 9, Stony Swamp

Accessible Hike, 2 km. From P7, we will explore the Sarsaparilla Trail. This hike is suitable for people in wheelchairs, those with limited mobility or anyone who enjoys a pleasant walk in beautiful surroundings. Gas \$2. Meet at Tunney's Pasture at 1 pm. Kathryn Fournier, lou_daybreak@hotmail.com.

Tuesday, July 11 Fortune Valley From Keogan Parking Lot

Level 2, 8 km. Sunset 8:50. Gas, \$3. Leaders: J Mercier and Bernie Poirier 613-692-3874. Meet at north end of Tunney's parking lot at 5:50 for 6 pm departure.

Saturday, July 15 Ottawa River Path, Sir George-Etienne Cartier Parkway

Level 1, 10 km. Come and enjoy a leisurely walk along the Ottawa River between Rockcliffe Park and the Aviation Museum. Meet at Tunney's Pasture for a 9:30 departure. We will start at a midpoint in the circuit to enable the hike to be shortened. Gas \$1.00. Leader: Ann Lane e.ann.lane@gmail.com.

Saturday, July 15 Gatineau Park, Lusk Lake Loop

Level 2, about 10 km. From Parent Beach, Lac Philippe, we follow trail 54 to Smith Beach and then on to Lusk Lake for lunch and optional swim. Generally the route is not difficult, but there is one steep descent on the shore of Lac Philippe, and there may be some wet areas near Lusk Lake. Return on trail 54. Bring lunch and water. Meet at Tunney's Pasture at 9:15 am for departure at 9:30. Gas \$5 plus \$11/car

(OTTAWA ACTIVITIES)

entry fee to Lac Philippe. Leader: Grace Hyam, 613-829-7252 dr003@ncf.ca.

Tuesday, July 18 Gatineau Park, P7 to Black Lake

Level 2, 7 k. Sunset 8:45. Gas \$3. Leader Ethel Archard 613-592-7733 ethel.archard@sympatico.ca. Meet at Tunney's at 5:50 for 6 pm departure.

Saturday, July 22 Gatineau Park, Curley Lake

Level 2, 7.5 km, 3 hours at a leisurely pace on an old logging road and a trail from Steele Road. Some climbing. Lunch and swim at Curley Lake. Wear good boots. Depart from Tunney's Pasture at 9:30 am. Gas \$5. Leader: Jean Gauthier, 613-422-3997 jrrgauth@teksawy.com

Saturday, July 22 Paddling, Crotch Lake

* Vehicle permit required *

Level 1+, about 15 km, some exposure to open water. Many islands and bays, and the shoreline is forested and mostly uninhabited. There are a number of nice swimming and lunch spots. Optional deep-water rescue practice. Bring safety equipment and life jackets. Depart Conlon Farm, Perth (page 11) at 9 am, gas \$5. Put-in will be at the North Frontenac lot off of Ardoch Road. Advance North Frontenac Parklands vehicle permit required: <http://www.northfrontenacparklands.com/roadpermits.html> Leader: Kevin Reynolds kevinjunk9@gmail.com, 613-258-1337

Tuesday, July 25 Old P15 Carman Road to Brown Lake

Level 2, 7 km. Optional swim, sunset 8:38. Meet at north end of Tunney's parking lot at 5:50 for 6 pm departure. Gas \$3. Leader Hazel Miller 613-232-6558.

 Saturday, July 29 Green Belt, Rideau Trail

Level 1, 12 km. Suitable for the 150-km Challenge, hike various RT segments from P10 on Moodie Drive. Meet at Fallowfield Park and Ride for a 9:15 departure. Gas \$2. Leader: Denise Hall, 613-843-8222, rebeccahall@rogers.com.

Saturday, July 29 Gatineau Park, Fairburn Bay, Lac Lapêche

Easy level 2, 6.5 km, 3 hours at a leisurely pace on an old logging road from Steele Road. Gentle climbing. Lunch and swim on a small sandy beach at lac Lapêche. Bring lunch and water. Depart from Tunney's Pasture at 9:30 am. Gas \$5. Leader: Jean Gauthier, 613-422-3997 jrrgauth@teksawy.com.

Tuesday, August 1 Gatineau Park, P16 to MacDonald Bay

Level 2, 7 km. Sunset 8:30. Optional swim Gas \$3. Leader Kathryn Fournier 613-248-0006 lou_daybreak@hotmail.com. Meet at Tunney's Pasture at 5:50 for 6 pm departure.

 Saturday, August 5 Westboro Beach Dinner Hike

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

Saturday, August 5 Gatineau Park, Carman and Brown Lakes

Level 2, about 10 to 12 km; 2 leaders, 2 paces. Hike end to end between P15 and P17. View Carman Lake from cliffside. If you were with us June 17, pick the opposite direction this time! Lunch and swim at Brown Lake, where the drivers will exchange car keys. Meet at Tunney's Pasture no later than 8:45 to depart at 9:00 am. Gas \$4. Leaders: Jean Gauthier, 613-422-3997 jrrgauth@teksawy.com. Ann Bolster, 613-828-5131 ann_bolster@hotmail.com.

Monday, August 7 (CIVIC HOLIDAY) Gatineau Park, Lac Monette

Level 2, 7 km, 3 hours at a leisurely pace on trail 56 (old gravel road) and a faint trail to lac Monette from Eardley-Masham Road. Swim and a lunch at lac Monette. Bring lunch and water and wear good boots. Depart from Tunney's Pasture at 9:30 am.

Gas \$5. Leader: Jean Gauthier, 613-422-3997 jrrgauth@teksawy.com.

Tuesday, August 8 Gatineau Park, P11 to Capuchin Chapel

Level 2, 7 km. Sunset 8:20. Gas \$3. Leader Dora Ashiq 613-792-4966. Meet at Tunney's at 5:50 for 6 pm departure.

Saturday, August 12 Pinhey Forest and Sand Dunes

Level 1, approx. 8 to 9 km. Morning hike through a shady forest on NCC Trails 31, 32 and 33. The route passes a rare inland sand dune complex, now being reclaimed as a biodiversity project. Bring a snack. Meet at 9:30 am at the trailhead: P14, the parking lot furthest south behind the Nepean Sportsplex, 1701 Woodroffe (just south of Hunt Club West). OC Transpo bus #94 or #95 stops at the Sportsplex. Leader: Ethel Archard, 613-592-7733 ethel.archard@sympatico.ca

Saturday August 12 Gatineau Park, Lac Racine and Lac Richard

Level 2 and 2+. About 10 km. Starting from Eardley-Masham Road at the powerline via the trail to Lac Richard, then the trail down the west side of the lake to join the faint trail to Lac Racine. Those who want Level 2 only can stay here for an extended swimming stop and lunch, while others can take a shorter break, then continue on a short, easy off-trail section to the southeast corner of Lac Richard for a second swim. We'll come back out the same way so this can be done as a Level 2, although if there's a co-leader for the return, a Level 3 option around the top of Lac Richard might also be possible. Depart Tunney's Pasture: 9:30 am. Gas \$5. Leader: Graham Creedy 613-789-1657.

 Saturday, August 12, Slide Lake Loop, Frontenac Park

Level 3, 13 km hike on trails of rugged beauty. Good boots essential. Possible swim. Bring bug repellent, sunscreen, lots of water, and lunch. Departs from Baseline Park & Ride at 8:30 am, long drive. Gas contribution \$14. Leader: John Haley 613-225-0590

Saturday, August 12 Paddling, Shirley's Bay and Aylmer Island

(OTTAWA ACTIVITIES)

Level 1-2, about 8-9 km, on the Ottawa River. Flat water but storms can come up quickly on the Ottawa. We will canoe/kayak along Shirley's Bay Conservation area and then paddle to Aylmer Island for lunch, a swim and/or relax on the sandy beach. Bring lunch, plenty of fluids, and a beach towel. Life jackets mandatory. Meet at and depart from NCC Greenbelt P1, located at the end of Rifle Road, off Carling Avenue 1km west of Moodie for 10:00AM. Leader: Dave Audette 613-601-2833. dg.audette@sympatico.ca

Sunday August 13, National Capital Greenbelt, Green's Creek

Level 1, 5-6 km, brisk pace. From P25, we will explore trails 60, 61 and 63. Gas \$2. Meet at Tunney's Pasture at 1 pm. Kathryn Fournier, lou_daybreak@hotmail.com.

Tuesday, August 15 Gatineau Park, Pink Lake to Trail 15 Loop

Level 2. Sunset 8:09. Gas \$2. Leader Hazel Miller 613-232-6558. Meet at

Tunney's Pasture at 5:50 for 6 pm departure.

Saturday, August 19 Beryl Gaffney Park Trail

Level 1, 8 km. Enjoy an easy walk through forests and fields along the Rideau River first and then the Jock River. Wear good footwear. Bring water and a light lunch. Meet at Fallowfield Park and Ride at 9:45 for a 10 am departure. Gas \$2. Leaders: Stephen Chappell, 613-612-0865, and Sandy Freeman, 613-225-2940

Saturday, August 19 Gatineau Park, Lac Racine

Easy level 2, 6.5 km, 3 hours at a leisurely pace on trail 56 (old gravel road) and a faint trail. Some climbing. Swim and lunch at lac Racine. Bring lunch and water and wear good boots. Depart from Tunney's Pasture at 9:30 am. Gas \$5. Leader: Jean Gauthier, 613-422-3997 jrgauth@teksawy.com

Tuesday, August 22 Gatineau Park, Lauriault Trail

Level 2, 5 km. Sunset 7:57. Gas \$2. Leader Dora Ashiq 613-792 4966. Meet at Tunney's at 5:50 for 6 pm departure.

Saturday, August 26 Gatineau Park, Lakes Tour

Level 2, about 10 km end to end between Ramsay Lake and lac Philippe. Two leaders, two paces. We'll meet at lac Monette for lunch, a swim and exchange of car keys. Mix of trail types. Meet at Tunney's Pasture no later than 8:15 am to depart at 8:30. Gas \$5 plus share of \$11/car entry fee to lac Philippe. Leaders: Ann Bolster, 613-828-5131 ann_bolster@hotmail.com. Jean Gauthier, 613-422-3997 jrgauth@teksawy.com

Saturday, August 26, Forêt la Blanche, Mayo, Quebec

Level 2 hike on the trails in this Ecological Reserve, a 50-minute drive from Ottawa. 13 km in several loops that also provide shorter options - trail map at blogen.foretblanche.org/map-of-trails. Departs 09:30 from Tunney's

Don Mitchell (1938 - 2017)

Don was a professional chemist and an avid naturalist and geologist, but he was happiest in the great outdoors. He hiked the length of the Appalachian Trail twice, was a life member of the Rideau Trail Association, and he led hikes and ski outings for the Ottawa Rideau Trail Club. On those outings, he shared his wealth of knowledge about the land under the trail and the plants beside it. Don Mitchell passed away in April.



1998 PHOTO: KELLY FAMILY COLLECTION

John Young (1927 - 2017)

John Young was well known to the Ottawa Wednesday Walkers, from the early days. He was one of the guides/leaders who laid the foundation of the current WW activity in Gatineau Park, skiing in winter and hiking the rest of the year. He continued to be an active urban walker.

Art Campbell



2016 WW ANNIVERSARY HIKE PHOTO: STEVE KELLY

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come rest and
have a bite

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11. What is an Alberta Clipper?

A. A combine harvester, B. A storm, C. A Pumpjack oil rig

12. Sir John A Macdonald was a legendary drinker. Where he had his law office in Kingston is now a pub. True or False?

(OTTAWA ACTIVITIES)

Pasture. \$7 trail access fee, plus gas \$7. Leader: John Haley 613-225-0590

Tuesday, August 29 Gatineau Park, P1 Asticou to Lac des Fees

Level 1, 5 km. Sunset 7:43. Gas \$2. Leader Hazel Miller 613-232-6558. Meet at Tunney's at 5:50 for 6 pm departure.

Saturday, September 2 Gatineau Park, Forsyth Mine and the 60's

Level 2, 9 km. Two leaders, two paces. After a guided visit of the historic Forsyth mine, we'll hike the interesting sections of trails 64, 65, 66, and 67 with a visit to some noteworthy lookouts. About 4 hours with an outdoor lunch. Depart Tunney's Pasture at 9:30 am. Gas \$3. Leaders: Jean Gauthier, 613-422-3997 jrrgauth@teksawy.com. Ann Bolster, 613-828-5131 ann_bolster@hotmail.com

Monday, September 4 Morris Island

Level 1, 8 km. Enjoy hiking around this scenic conservation area on the

Ottawa River near Fitzroy Harbour. Bring water and lunch. Meet at 10 am at Baseline Park & Ride. Gas \$5. Leader: Ethel Archard, 613-592-7733 ethel.archard@sympatico.ca.

Tuesday, September 5 Moonlighters End-of-Season Dinner

Saturday, September 9 Gatineau Park, Étienne Brûlé to the Ramparts

Level 2 at a leisurely pace on well-marked trails, 9 km, 3 hours. To the Ramparts Lookout, then trails 21, 18 and 2 to Western cabin for lunch. Bring lunch and water. Wear good boots. Depart from Tunney's Pasture at 9:30 am. Gas \$3. Leader: Jean Gauthier, 613-422-3997 jrrgauth@teksawy.com.

Sunday Sept 10, North Kanata

Accessible hike, 3 kms. From Richcraft Rec Centre, we will explore Trillium Woods trails. This hike is suitable for people in wheelchairs, those with limited mobility or anyone who enjoys a pleasant walk in beautiful surroundings. Gas \$2. Meet at Tunney's

Pasture at 1 pm. Kathryn Fournier, lou_daybreak@hotmail.com.

Tuesday, September 12 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, September 16 Gatineau Park, Camp Fortune.

Level 2, 9 km, 3 hours at a leisurely pace on trails 4, 17, 23, 8 and 1 to Keogan cabin for lunch, and back on trail 9. Bring lunch and water and wear good boots. Depart from Tunney's Pasture at 9:30 am. Gas \$3. Leader: Jean Gauthier, 613-422-3997 jrrgauth@teksawy.com.



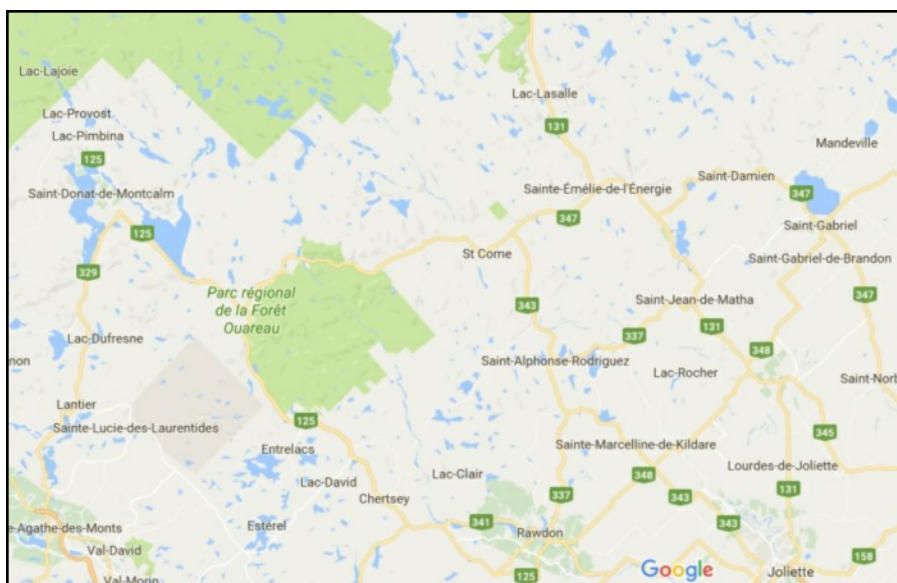
Waterfall Trails of Lanaudière

(Continued from Spring)

BY JOHN HALEY

From Quebec's Highway 125 at Parc régional de la Forêt Ouareau, the 42 km drive east on Highway 347 feels quite remote. A short detour near St-Côme would have taken us to another few km of hiking trails at the Parc régional de la Chute-à-Bull but, saving that for another time, we continued to the town of Sainte-Émélie-de-l'Énergie, with access to the Sentier de la Matawinie about 4 km to its north at the Noire River.

The trail climbs from the parking area, then goes north on a ridge with ups and downs, various views, and a couple of escape routes out to the road. The trail is well maintained, with one entirely new bridge. One can return the same way, or take alternative loop routes via the trails Onikam and Maskanawa. Sentier Onikam has been improved since Michael Haynes wrote of its poor state in



Correction (Spring issue)

Apologies and congratulations to TOM COLE, who deserved the credit for snapping Aidan, Brian and Jennifer as the hikers 'caught some air' on the High Country Challenge. Nice shot, Tom!

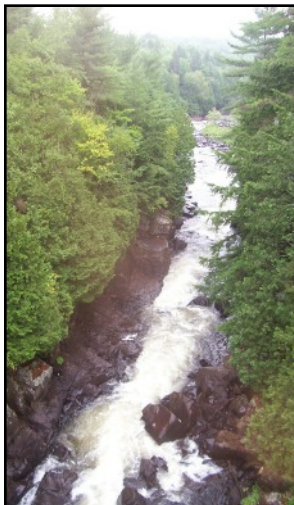
2010; this trail was one of my favourites. We continued on the Maskanawa, and found ourselves on a nice trail heading apparently in the wrong direction beside Lac Kaël, so we retraced our steps and continued out the way we had come in, before an imminent rainstorm. Next time we'll go in on the Maskanaw directly from the parking area.

In this area we were fortunate to stay at L'Auberge de la Montagne Coupée off Highway 131 in Saint-Jean-de-Matha, a superb but low-priced country inn on its own mountain top and with its own little trail. Nearby is the impressively-named park, Chutes Monte-à-Peine-et-des-Dalles and its waterfalls and nearly 18 km of paths and trails that do not disappoint. Here waters of the Noire join the Rivière l'Assomption flowing from Mont-Tremblant. From Lac Lemieux and Lac Ouareau, the Ouareau river flows into the Assomption further downstream.



Lac Ouareau from Mont Ouareau

Rivière l'Assomption



Farther east, beyond the village of St-Charles-de-Mandeville, the Sentiers du Lac en Coeur provide about 8 km of trail loops around three quiet lakes. Absolutely enjoyable, but not enough for a full day of hiking, so one must return to Mandeville.

Once fortified by fabulous ice-creams there, drive 13 km north on Cascades to a trailhead. Here the Chutes du Calvaire des Lanaudière park has trails and lookouts with wonderful views of waterfalls on Rivière Mastigouche Nord. Hardly anyone seems to know of them.

Many of the destinations in this article have entry fees payable with cash or a card, but these are a small price to pay. Before you go (and really, your life will be incomplete if you don't go), you should

have a detailed road map, plenty of food provisions in the car (restaurants were few, and sometimes closed on the days we visited). Bon randonnée!

Chute Monte-à-Peine



Information

randonnee.lanaudiere.ca/en/ 1 800 363-2788
www.tanieredelours.ca/en
www.sepaq.com/pq/mot/index.dot?language_id=1 1 800 665-6527
www.montagnecoupee.com/en 1 800 363.8614
www.sepaq.com/dotAsset/d33c04ff-2dc8-4f23-8f90-f25a5c2161f4.pdf

www.parcsregionaux.org 1 866 266-2730
Sentiersmandeville.org
www.lesterrassesdulac.ca (450) 228-2783



JOHANNE AND JOHN HALEY ARE LONG TIME OTTAWA CLUB HIKERS, LEADERS, EXPLORERS AND CONTRIBUTORS TO THE RIDEAU TRAIL. HALEY PORTRAIT BY FORMER OTTAWA MEMBER, DEBORAH FISH.

Members Corner

For sale: 15 foot glass-kevlar canoe. Algonquin Prospector by Holy Cow: 55 lb., yellow. \$500 (negotiable). Contact Gill Hyland (613) 267-5756 ghyland2@cogeco.ca

For sale: Two packs - **Black Diamond Nitro 22** and **Arc'teryx Briza 62** woman's backpack. Excellent condition; 'Briza 62' is unused due to a permanent shoulder injury before a planned trip. Current equivalent (Bora 61) sells for \$ 550 USD. I will accept a reasonable best offer for either, within two weeks of newsletter publication. Contact Lynnbradley899@gmail.com



Nitro 22



Briza 62



PM40022816

Return undeliverable Canadian
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My Favourite Place



This un-named lake in Gatineau Park has a most interesting shoreline. I particularly like venturing out on this rock walkway that extends into the lake. I've never seen any sign of other visitors to this place. The remote setting and sense of wilderness make this one of my favourites. TOM COLE, OTTAWA



Meet Brian Grant

The Rideau Trail Association has a new President. He's Brian Grant, a former government executive who came to the Board of Directors as a Club Representative last year. Brian lives in Ottawa with his wife, Margaret. They have twin daughters and a son.

The Kingston Club was Brian's first exposure to the Rideau Trail, when he joined in 1979. He enjoys club hikes in Ottawa's Greenbelt and on the Trail itself. Brian recognizes the value of the RTA's new website and social media presence, but he believes we need to review the Association's objectives, structure and plans for the future. Under his guidance, the Strategic Planning Committee has been seeking the thoughts and advice from all members.

If you see Brian along the trail or at a meeting, be sure to say hello and wish him well. PHOTO: BRIAN GRANT

Thank You



Denise Hall, Jim Lorimer, Sheila Menard and Lars Thompson

The Association recognizes several outgoing Board members for their service to the Rideau Trail:

Jim Lorimer (Trail Coord), Sheila Menard (Membership), Lars Thompson (Chair) and John Cornish (Newsletter). Denise Hall (VP and Ottawa Chair) and Sharen Yaworski (Kingston Chair) are assuming new roles with the Board as their Club's Representatives.

PHOTO: STEVE KELLY



David
Batchelor



Jane Moore

Also Joining the RTA Board (page 9)



Sandy
Freeman



Bob
Schofield

PHOTO CREDITS, CLOCKWISE FROM SANDY: HOWARD ROBINSON (2), CATHERINE VAN VLIET AND STEVE KELLY.