



RideauTrail

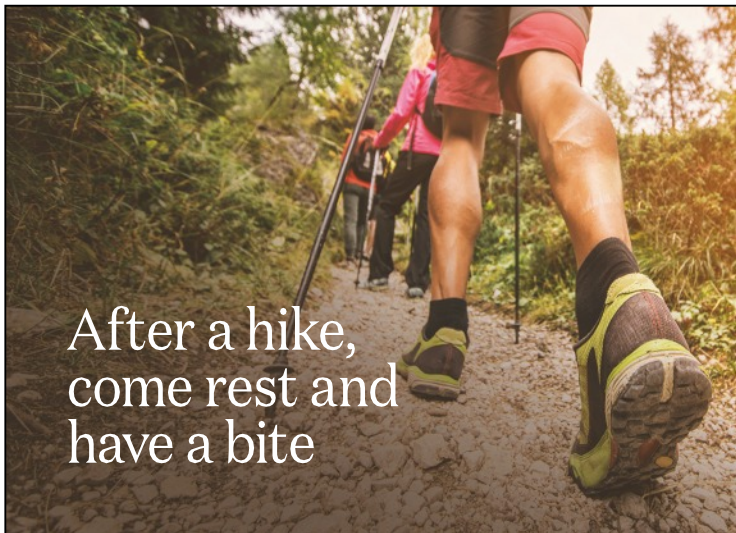
NEWSLETTER

FALL 2017
Issue # 185

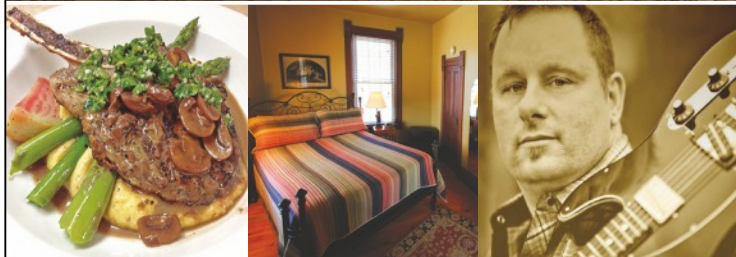


FULL CONTENTS ON BACK COVER

BIRCHES Original painting by
Jane Moore



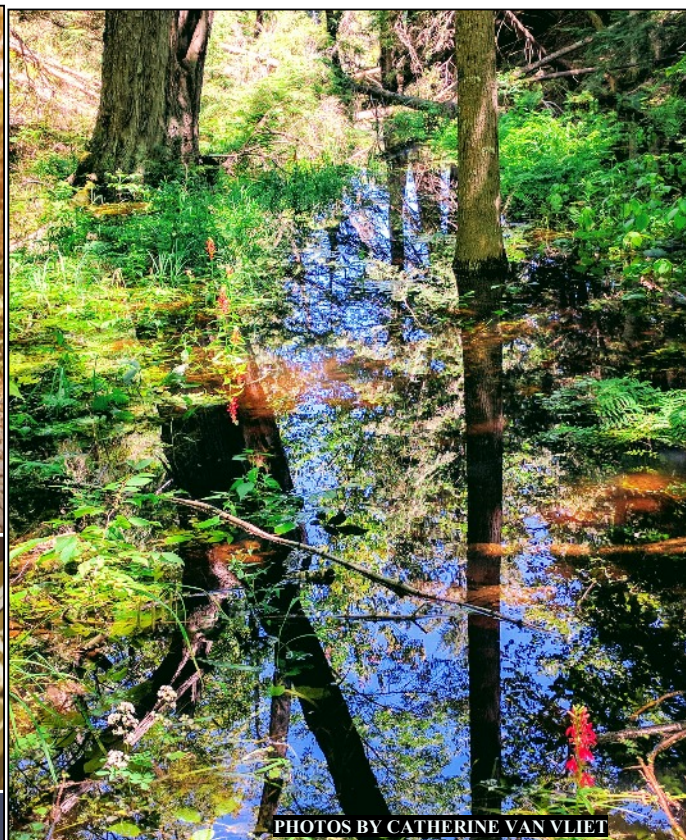
After a hike,
come rest and
have a bite



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PHOTOS BY CATHERINE VAN VLIET



Relaxing on the rocks -
Charleston Lake



PHOTO BY BILL OTTNEY

Ottawa, Central and Kingston
clubs come together to hike
from Narrows' Lock to
Bedford Mills.

11 Women Run the Rideau Trail

By Paul Galipeau



There's an African proverb that says, "If You Want To Go Fast, Go Alone. If You Want To Go Far, Go Together."

On July 1 & 2, a group of 11 women from southern Ontario known as the Wild Bruce Chase ran the Rideau Trail end-to-end and succeeded to go both fast and far. Their journey started in Ottawa at 7 a.m. on July 1 and ended in Kingston at 5:40 p.m. on July 2. Once complete, they had set the fastest known time for a female relay run of the Rideau Trail.

Equipped with a support team, a shuttle vehicle and a Winnebago which served as a mobile HQ, these elite trail runners braved ticks, flooding and weather ranging from extreme heat to torrential downpours. Wild Bruce Chase got their name from a previous relay run of the Bruce Trail. Although the Rideau Trail is shorter, Michelle Clarke, one of the runners said that everything about this run was harder than the Bruce. "The Bruce Trail end-to-end took exactly 4 weeks to plan and execute. The



Rideau Trail took almost 6 months! We had to go back to basics for almost everything," she wrote in a blog post.

As part of their preparation, each runner did extensive pre-runs and in doing so, some runners like Michelle have even earned our Canada 150 Challenge badge!

Starting in Ottawa meant not only meant running through a highly secured area on Canada Day but it also meant that they reached Frontenac Provincial Park after sunset and ran through it overnight. Focussed on safety, the runners carried a GPS beacon to broadcast their location and were frequently accompanied by a pacer. One pacer ran the entire overnight shift and covered 65km through some of the most rugged parts of the Rideau Trail. Several RTA board & club executive members were in regular contact with the runners prior to July 1 to provide route and safety information - particularly important this year given the impact of flooding on the Rideau Trail this year.

RTA members Jack Tannett and Michael Beaupre and I even made a point to greet and cheer them on as they ran through Ottawa and Perth. In Kingston, City Councillor Mary Rita Holland was there at the end to congratulate them on their accomplishment.

We're interested in knowing what WBC have planned next but they aren't revealing plans yet. Be sure to follow them at @WildBruceChase on Instagram to keep up to date!



Are you planning or have you completed a special project on the Rideau Trail? Be sure to let us know.



FALL 2017 Issue 185

Rideau Trail Association

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

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

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

© 2017 Rideau Trail Association **ISSN 0709-7085**

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

WINTER Newsletter DEADLINE: December 1, 2017
We want your submissions! If possible, text should be sent electronically with no document formatting. Pictures are very welcome, with good definition and contrast.

Send material directly to Ottawa editor:

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

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MEMBERSHIP RENEWAL/ORDER FORM

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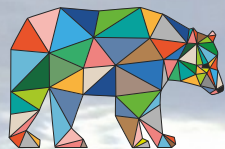
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Central Club Trail Angel – Chickadee Corner, Perth

Nicola and Chuck would like to welcome walkers to their home in Maple Glen Estates for a comfortable night's sleep, a chance to dry out, do some laundry and have a good meal. They are avid through-walkers themselves and know what it is to rest up, ready for another big day. They charge a nominal fee of \$40 each and have room for 3 people - one double and a single. They are about 2 k. from the corner of Otty Lake Side Rd. and Ferrier Rd. and if that extra mileage doesn't appeal, would be happy to do a pick up from that spot and back again in the morning.

Our contact info.: Home Phone: 613-264-0242; Cell: 613-812-0259.

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THE “CAMINO”, SPAIN

April 28 to May 10, 2018

The Camino de Santiago is an iconic trek covering some 800km across the north of Spain. Our journey encompasses the last 160km from O’Cebreiro to Santiago de Compostela, including many “extras” in order to make it a complete Galician experience. Thousands of pilgrims have walked before us, and it is time to add your footsteps to this famous trail.

SLOVENIJA

July 13 to 23, 2018

Slovenija is where the Alps meet the Mediterranean and is a country of amazingly unspoiled beauty. Our program includes hikes behind the thundering Slap Pericnik waterfall, through Vintgar Gorge gushing with white water, on the slopes of & Mt. Triglav, and around the glacier-fed Lake Bohinj. Home base for the entire holiday will be the fairy-tale setting of Bled.

Dates specifically chosen to capture Bled Days Festival - a significant folklore event when they launch 15,000 lights in eggshells onto Lake Bled, illuminating the whole lake and together with magnificent fireworks, all of Bled glitters in endless colour.

MARITIMES ROAD TRIP

June 21 to July 3, 2018

Experience the world's highest tides at the Hopewell Rocks in NB; meet Anne of Green Gables and build sandcastles in PEI; celebrate Canada Day in Halifax, NS. Plus lots more activities from cycling to hiking, and you could conceivably eat lobster every day of this trip if you tried!

Part of the C.H.H. Adventure Collection.

MACHU PICCHU, PERU

September 14 to 26, 2018

Explore the Sacred Valley of the Incas by hiking through the famed salt pans of Maras, the ancient ruins of Pisac, and trekking high up into the Urubamba mountain range.

Then that all important day arrives when we hike into Machu Picchu – **rounding the corner of the Sun Gate and seeing**

Machu Picchu with your own eyes

will give you goose bumps!

(Note: This trip does not involve ANY camping – all accommodations are in hotel & lodges.)

TICO # 50018498

Winter End to End

Yikes!!! Here we are already thinking about the ice and snow and -20 degree temps for the 2018 winter E2E event. This notice is meant to let you know where we are in the planning for this series; more details to follow. In 2018 two groups will be traversing the northern end of the trail from Merrickville to Ottawa. The Core Group, led by John Morrison, will travel about 12 - 15 fm per day. Carol Seal will be leading the Extra Length Group, which will travel 15 - 20 km per day. Also, should there be sufficient interest, Audrey Stewart will lead a group starting from Kingston. The following are the proposed dates, not yet set in stone but the carving has started!:

1. Saturday 06-January/Sunday 07-January
2. Saturday 20-January/Sunday 21-January
3. Friday 02-February (moonlight Hike), Saturday 03-February/Sunday 04 February
4. Saturday 17-February/Sunday 18-February

The leaders can be contacted at the following e-mail addresses:

John Morrison - sail-ability@sympatico.ca

Audrey Stewart - audrey.j.stewart@gmail.com

Carol Seal - carol.seal.613@gmail.com

KINGSTON CLUB ACTIVITIES - FALL 2017

The meeting place for our activities, unless stated otherwise, is the **Canadian Tire parking lot**, along Bath Road, towards the gas station. Be there at least 15 minutes before the departure time indicated. Bring lunch, extra water, insect repellent, and sunscreen. Wear strong footwear and come prepared for weather changes. Car pooling will be organized. The contribution for gas is indicated for each hike. Car entry fees for Provincial Parks and Conservation Areas are to be shared.

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

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

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

Hike Leaders: obtain Sign-Up/Liability Waiver Sheets online or from Peter Burbidge 613 634 1877 Please forward completed forms to Lorna Deyo 613-536-5567, 148 Stephen Street, Kingston, ON K7K 2C7 or lornadeyo@yahoo.ca

WEDNESDAY WALKERS

Afternoon walks ideal for those interested in getting healthy exercise walking at an easy pace, as well as social interaction Contact Helen at 613-766-0482 or email hkramer@outlook.com with your name and phone number. Walk locations change weekly but always start at 1:30 p.m. on Wednesday afternoon. Details and information of the walk are emailed to everyone Tuesday afternoon.

SPECIAL NOTICES

FRONTENAC CHALLENGE : Lace ‘em up and start hiking! The Challenge hikes begin September 2 and the hikes continue right through October.

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

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

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

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

ANNUAL CHRISTMAS POT LUCK DINNER PARTY :

Saturday, December 16 – Christmas Pot Luck Party

Celebrate the season with the club’s famous dining extravaganza. Bring an appetizer, main course or dessert and your own wine/beer. House rental fee is \$3 a person at the door.

Time: 6:00 pm.

Place: Queen’s Women’s Association, 144 Albert Street.

RSVP: Linda Line: 613-531-4353.

SPECIAL EVENT COORDINATOR - For several years, I have organized special events for the Kingston Club. These include our AGM, spring pot luck party, Christmas pot luck party, Landowners & Volunteers Party and the Association AGM every other year. The time has come when I would like to step down next year. If you are interested in learning more about this role please call me. Training and support provided until you are ready to fly solo. Linda Line. Tel: 613-531-4353.

FRT Fall Outings Schedule for Kingston Club

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



Saturday September 2, Frontenac Challenge Big Salmon Lake Loop

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



Sunday September 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, and 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 Challenge Slide Lake 'Lite'

Level 3, moderate pace, 27 km. Hike Slide Lake at a little slower pace - expect to take 9 hours to complete this hike. No CTC sign-up. If you

need a ride from Kingston, contact the leaders at least 1 day before hike date. Depart at 8 am. from 6767 Perth Road. Leaders: Gunhild Karius karius1@cogeco.ca or Bill Ottney 613-858-3183



Thursday September 7 Frontenac Challenge Big Salmon Lake Loop

Level 3, fast pace, 19 km. Stop for lunch at the lookout over Big Salmon Lake with a swim break in Little Clear Lake on the return loop. Bring lunch and plenty of water. Meet at trailhead. Contact hike leader before 9 pm on Wed for meeting time and place. Gas \$4 plus park fee. Leaders: Nancy Hunter 613-372-2157
nancynelles@gmail.com and Mui Lam 613-544-6201
ymiu.lam@gmail.com

Saturday September 9 Rock Dunder

Level 2, moderate pace, 6 km Enjoy the shady woods and rocky crags as we climb to the summit for a spectacular view and snack before heading back. Depart CT 9 am, Gas \$4 + park fee. Leaders: Jane Moore 613 382-7766
Maggie Sebok 613 484-6448



Sunday Sept 10, Frontenac Challenge Cedar Lake Loop

Level 2, moderate to fast pace, 15 km. Enjoy gently rolling terrain and long stretches of boardwalk as we traverse Frontenac Park's largest complex of multi-stage wetlands. Depart CT at 8:00 am. Gas \$4 plus shared park fee. Leaders: Lynn Esau 343-363-0384
esaulynn@gmail.com and Nancy Hunter 613-372-2157
nancynelles@gmail.com



Thursday September 14 Frontenac Challenge - Little Salmon, Little Clear, and Hemlock

Level 3, fast pace, 25 km. Close the loops around three Frontenac Park lakes. Swim break in Little Clear on the return loop. Bring lunch and plenty of water. Meet at trailhead. Call leader before 9 pm for meeting time and place. Gas \$4 + shared park fee. Leaders: Nancy Hunter 613-372-2157
nancynelles@gmail.com and Lynn Esau 343-363-0384
esaulynn@gmail.com



Saturday September 16 "Amazing Places" Series - Spy Rock and Foley Mountain Trails

Level 2, moderate pace, 14 km. Post-hike ice cream break in Westport too! Depart CT at 9 am. Gas \$6 plus share of park fee. Leader: Bob Chadwick
613 544-9222

Sunday September 17, Long Sault Parkway Cycle

Join us for the Long Sault Parkway for 30 kms across 11 islands ending up at the lost villages where we will have our lunch before heading back. Swim stop possible. Depart CT 9 am. Gas \$12 Bring lunch and lots of water. Leader: Pat Casey 613 385 2356



Wed September 20, Frontenac Challenge Gibson & Tetsmine

Level 3, fast pace, 24 km. Beginning at Kingsford Dam, we'll follow the park's two northernmost trails past several homestead sites, some abandoned mines and the Moulton Gorge. Bring lunch and plenty of water. Meet at the Kingsford Dam parking lot. Call/email either leader a day in advance for meet time.

Gas \$5.
Leaders: Lynn Esau
(esaulynn@gmail.com)
343-363-0384
Nancy Hunter
(nanceynelles@gmail.com)
613-372-2157.



**Saturday September 30
"Amazing Places"
Series - Gould Lake**

Mine Loop and Point Spur
Level 2-3, moderate pace, 15 km.,
with afternoon on the Tom Dixon
Trail. Depart CT at 9 am. Gas \$4 plus
share of park fee.
Leader: Lynn Esau 343-363-0384
esaulynn@gmail.com and Nancy
Hunter nanceynelles@gmail.com
613 372-2157



**Sunday October 1
Frontenac Challenge Slide
Lake Loop**

Level 3, moderate to fast pace, 27
km. Join us for this exhilarating 7.5
to 8 hour hike around Frontenac
Park's most rugged and rewarding
loop. Bring plenty of water, a lunch
and snacks. Depart CT at 7:45 am.
Gas \$4 plus shared park fee.
Leaders: Lynn Esau 343-363-0384
esaulynn@gmail.com and Miu Lam
613-544-6201
ymiu.lam@gmail.com



**Tuesday October 3
Frontenac Challenge -
Arkon, Arab Gorge, Doe Lake
Level 2, fast pace, 15 km.**

Enjoy beautiful fall colours while
completing 3 hikes. Bring lunch and
plenty of water. Meet at trail head.
Call leader before 9 pm for meeting
time and place. Gas \$4. plus park
fee. Leaders: Nancy Hunter 613-
372-2157 nancynelles@gmail.com
and Miu Lam 613-544-6201
ymiu.lam@gmail.com



**Saturday October 7
Frontenac Challenge -
Gibson and Testmine**

Level 3, moderate to fast pace, 24
km. Access at Kingsford Dam and
hike these beautiful loops of varying
difficulty. Depart CTC at 8 am. or
meet at Kingsford Dam parking at
8:45. Gas \$5. Leaders: Gunhild
Karius kariius1@cogeco.ca or Bill
Ottney 613-858-3183

**Saturday, October 14
International Adventure,
Wellesley Island State Park
and Thousand Islands Park
Community in New York State**

Level 2, slow to moderate pace,
about 10 km. Hike trail system with
some hilly, muddy and rocky
sections to and from the unique
cottage community of Thousand
Islands Park with views of many
islands, the US mainland, and
shipping on the Seaway and, time
permitting, also a latter day castle.
Passport mandatory, travel
insurance recommended. Depart CT
at 9 am or by arrangement before
international bridge. Gas \$8 plus
contribution to small one-way
bridge toll and possible park fee.
Leader: Bob Chadwick 613 544 9222

**Saturday October 21
Rock Dunder**

Level 2, moderate pace, 8 km.
Everyone is welcome for this
beautiful outing. Scenic views. Bring
your camera, lunch. Fun time for
everyone. Gas \$5 plus park fee \$2.
Depart from CT 9 am. Leader Stan
Huff 613-548-3003



**Sunday October 22
"Amazing Places" Series -
Marble Rock Blue Trails**

Level 2-3, moderate pace, 11 km. An
amazing place, with special appeal
in the Fall when the stunning views
open up across the valleys north of
Gananoque. Some steep hills and
rocky paths make this a satisfying
day of hiking for everyone. Depart
CT at 9am. Gas \$4. If you can meet
the group at CT on behalf of the

leader, please call! Leader: Ray
Wilson
613382-7189



**Saturday October 28
Frontenac Challenge -
Cedar Lake**

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



**Sunday November 12
"Amazing Places"
Series - Blue Mountain**

Level 2, moderate pace, 12 km. Hike
the south side of Charleston Lake
Park, where you can see forever!
Depart CT at 9 am. Gas \$6 . If you
can meet the group at CT on behalf
of the leader, please call! Leader:
Ray Wilson 613382-7189

**Saturday November 18
Parrot Bay Ramble**

Level 1, easy pace, 6 km. Enjoy this
local park and circumnavigate the
bay, followed by refreshment stop.
Depart CT at 1:30 pm Gas \$2.
Leader: Bob Chadwick 613 544 9222

**Sunday November 26
Mystery Hike**

Level 2, moderate pace, 10 km.
Come for a surprise outing with the
infamous leader Audrey Sanger
who will be sure to please you with
an interesting adventure. Meet at
CT at 9:30 am. Gas \$3. Leader:
Audrey Sanger 613 384 6244



Saturday December 2

Little Cataraqui Creek Conservation Area Level 2, moderate pace, 10 km. Complete the outside trails and circle the pond to make for a fun afternoon. Refreshment stop after hike. Meet at Canadian Tire at 1 pm. Gas \$2 plus park fee. Leader: Peter Burbidge 613 634 1877

Thursday December 7, Westport Wassail Walkabout

Level 1, easy pace, 1.5 km. Walk and carol sing in the village of Westport. Get into the spirit of the season by joining our Central Club friends as we sing Christmas carols by the dock in Westport. Optional dinner/refreshments afterwards at The Cove in Westport. The Cove

requires a reservation so contact the leaders by December 5th if you plan to attend. Bring a flashlight so that you can read carol sheets provided. Depart from Kingston at 5:00 pm. Not meeting as a group at Canadian Tire, so call or e-mail ahead to arrange car-pooling, or meet in front of The Cove at 6 pm. Leaders: Gunhild Karius karius1@cogeco.ca or Bill Ottney 613-858-3183

Sunday December 10

Mystery Hike Level 2, moderate pace, 10 km. Come for a great outing which will depend on who shows up, their interests, and the weather. Meet at CT at 9:30 am. Gas \$3. Leader: Audrey Sanger 613 384 6244

Saturday December 16 - Christmas Pot Luck Dinner Party

Celebrate the season with the club's famous dining extravaganza. Bring an appetizer, main course or dessert and your own wine/beer. House rental fee is \$3 a person at the door. Time: 6:00 pm. Place: Queen's Women's Association, 144 Albert Street.
RSVP: Linda Line:
613-531-4353

Rock Dunder Vehicle Pass Rates:

Day pass \$10.00

Season's pass \$50.00

Non-profit youth groups (under 18, plus leaders/chaperones) Day pass \$10.00

Will be available by mail from Rideau Waterway Land Trust. Payment will be by "Online Interac" or available at Main Street Hardware Seeley's Bay. More specific details will be available soon.



Rock Dunder

A favourite hike of the Kingston Club.

Photos by: Catherine Purcell



CENTRAL CLUB ACTIVITIES - FALL 2017

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

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

The Wednesday Wanderers: These are shorter, more leisurely hikes/snowshoe outings for those who want a mid-week stretch and a breath of fresh air. Details are sent out each Monday by email. Contact: Margaret LaFrance mలాfrance3@cogeco.ca 613 466 0403

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

Rideau Trail 150 Badge: Have you gone the distance for your 150 badge? Any of the hikes on the main Rideau Trail, or the blue trails count towards your badge which must be completed by December 31/17. We have several outings that will help you complete the distance.

Westport Wassail: Thursday, December 7- Welcome the season by joining with folk from the Kingston club to sing Christmas carols by the dock in Westport. Enthusiasm required, singing ability optional. Refreshments at the Cove afterwards.

SPECIAL NOTICES



- **CHALLENGE or TREK?** Are you planning to earn your badge by walking the 11 loop trails for the Challenge or 6 for the Trek during September and October? We can help with several hikes slotted in for those months. **Please note departure times for these hikes..** For more information contact the Park Office at Frontenac Provincial Park at 613-376-3489 or <http://www.frontenacpark.ca/pages/challenge.html>
- Challenge hikes are identified with the above icon in the listings. Additional Challenge hikes can also be found in the Kingston activity listing.
- **Saturday, September 23** - Pot Luck Social 12noon – 4pm.
- **Wednesday, October 18** - Hike Leaders Planning Meeting
- **Saturday, December 16** Christmas Social and Dinner- RSVP by December 1 to Elizabeth Kuiper elisabethkuiper0@gmail.com or 613 812 0770

Central Club Activities

Monday, September 4 **Frontenac Park: Big Salmon, Little Clear, Hemlock loops**

See Kingston schedule for details

Friday, September 8 **Frontenac Park: Slide Lake loop**

See Kingston schedule for details

Saturday, September 9. **Frontenac Park: Gibson Lake loop** Level 2, 12 km. Moderate Pace. Cross off a loop on your list as we explore the north end of Frontenac Park. Gas \$6 Depart Conlon Farm **8:30am**

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

Wednesday, September 13 **Maintenance Morning**

After all the wet weather this summer the trail needs some TLC. Find out how you can help. Bring work gloves, loppers and snips. Depart Conlon Farm 9am. Leaders: Jack Tannett
jtannett@cogeco.ca
613 466 0417 and
Peder Krogh
pederkrogh5@gmail.com
613 456 6085

Sunday, September 17 **Frontenac Park: Arkon/Doe/Arab loops**

Level 2, 15km. Moderate pace. Enjoy the woods and lakes of Frontenac. Gas \$6 Park fee, depart Conlon Farm **8am**. Leader: David Batchelor
dlhbatchelor@gmail.com
613 264 1559

Saturday, September 23

Pot Luck Social 12noon – 4pm.

We are looking forward to a sunny afternoon at Rideau Ferry Yacht Club. Please bring your favourite dish to share, plus a plate, cup and cutlery. Swimsuit optional. Watch for additional information in a later email. Contact: Barbara McIntyre
barbaramcintyre@explornet.com 613 326 1441

Sunday, September 24 **Rock Dunder**

Level 2, 6 km. Moderate pace. Come and visit a perennial favourite. Enjoy the shady woods and rocky crags as you climb to the summit for the grand views all around. First, stop at Hotel Kenney at Jones Falls to purchase vehicle permits (\$10 cash per car) Depart Conlon Farm 9am. Gas \$5
Leader: Tom Pearcey
tompearcey7@gmail.com
613 284 1294

Saturday September 30 **Fall Paddle on Upper Park and Woods Lakes** (see Ottawa club for details)

Saturday, October 7 **Frontenac Park: Gibson/Tetsmine**

See Kingston listings for details

Saturday, October 7 **Frontenac Park: Big Slide Lake loop**

Level 3, 27km. Moderate pace. This is the most challenging of the Frontenac hikes, so join one of our most experienced long distance hike leaders as she takes you on an adventure. Gas \$6 Park fee Depart Conlon Farm at **8am**. Please register in advance with the leader if you want to go on this outing. Leader: Nancy Gaudreau
ndgaud@gmail.com
613 390 9532

Sunday, October 8 **Rideau Trail - Powers Rd. To Lally Homestead**

Level 2, 8km moderate pace. The trail passes through woods, across fields and rocky outcrops before reaching the Murphys Point Park. Park fee. Gas \$2 car shuttle Depart Conlon Farm 9am.

Leader: Anna Cornel
annamcornel27@gmail.com
613 267 6126

Saturday, October 14 **Blanchard's Hill and the Cataraqui Trail**

Level 1, 7 km. Moderate pace. This is a lovely walk with a few gentle hills, so come and see the fall leaves and enjoy the scenery. Afterwards, enjoy a soup lunch at the Kennedy's home in Port Elmsley. Depart 9 am. Gas \$2 Please RSVP to Yvonne if you plan to come for lunch.

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

Sunday, October 15 **Maintenance Morning**

Please join the gang in trimming, clearing and generally tidying up the trail. Bring work gloves, snips and loppers. Depart Conlon Farm at 9am. Leader: Peder Krogh
pederkrogh5@gmail.com
613 456 6085

Wednesday, October 18 **Hike Leaders Planning Meeting**

Peder and Maida are hosting this meeting at 7pm. Please contact Pat Batchelor if you are not able to come.
Patbatchelor13@gmail.com 613 264 1559



Sunday, October 22
Frontenac Park: Tetsmine and Hemlock loops Level 2
 16km. Moderate pace. Enjoy these familiar trails in all their autumn glory. Gas \$6 Depart Conlon Farm **8:30am**. Leaders: Howard & Mary Robinson, hmrob@storm.ca
 613-256-0817

Saturday, October 28
Peder and Maida's Trails
 Levels 1 & 2, 5km & 8km. Moderate pace. Let's explore the new trails on Peder and Maida's land. Hot drinks and snacks to follow. Gas \$2 Depart Conlon Farm 9am. Leaders: Peder Krogh and Maida Murray pederkrogh5@gmail.com
 613 456 6085

Saturday, November 4
Rideau Trail and Murphys Point Park
 Level 2, 11km. Loop around the park, starting and ending at Lally Homestead. Part of the route travels along the Rideau Trail for those of you wanting to complete your 150 badge. Gas \$2 Depart Conlon Farm 9am. Leader: Jack Tannett jtannett@cogeco.ca 613 466 0417

Saturday, November 11
Maintenance Morning
 The final work party of the year. Come and help out before the snow flies. Bring work gloves, loppers and snips. Depart Conlon Farm 9am. Leaders: Jack Tannett jtannett@cogeco.ca 613 466 0417 and Peder Krogh pederkrogh5@gmail.com
 613 456 6085

Sunday, November 12
Foley Mountain
 Level 2, 8km. Moderate pace. Great trails to explore in this conservation area. Depart Conlon Farm 9am. Park fee, gas \$2 Leader: Tom Pearcey tompearcey7@gmail.com

613 284 1294

Saturday, November 18
Charleston Lake Provincial Park
 Level 2, 12km. Moderate pace. The Tallow Rock Bay trail leads into the remote areas of the park with scenic lookouts and a floating bridge across Slim Bay. Depart Conlon Farm **8:30am**. Gas \$6 Leader: Dorothy Hudson hudsondorothy44@gmail.com
 613 283 0332

Sunday, November 26
Rideau Trail Port Elmsley to Poonamalie Rd.
 Level 1, 10km. Moderate pace. An interesting mixture of country roads, fields and bush. Gas \$2 Depart Conlon Farm 9am
 Leader Tom Pearcey tompearcey7@gmail.com
 613 284 1294

Sunday, December 3
Rideau Trail Mackler/Ferrier Loop
 Level 2, 10km. Moderate pace. Enjoy a ramble through woods, across fields and along a board walk before returning to the start via quiet country roads. Gas \$2 Depart 9am. Leader: Brenda Ethier brendaethier6446@gmail.com
 613-267-6141

Thursday December 7
Westport Wassail Walkabout
 Level 1- Easy Pace 1.5km walk and carol sing in the village of Westport. Get into the spirit of the season by joining our Kingston Club friends as we sing Christmas carols by the dock. Optional dinner/refreshments afterwards at The Cove Inn. The Cove requires a reservation so contact the leaders by December 5th if you plan to attend. Bring a flashlight so that you can read the carol sheets that will

be provided. **Meet in front of The Cove , Westport at 6:00PM.**
 Leaders: Gunhild Karius karius1@cogeco.ca
 or Bill Ottney 613-858-318

Saturday, December 9
Round Lake Loop
 Level 2, 13 km. A scenic hike/snowshoe through bush and along trails in Murphys Point Park. This outing will add a few kilometers to your 150 badge. Depart Conlon Farm 9am. Gas \$2 Park fee if the ski trails are open. Leaders: Bert Stranberg pbstranberg@gmail.com 613 283 8735 and Nancy Gaudreau ndgaud@gmail.com 613 390 9532

Saturday, December 16
Rideau Trail Long Lake Rd. To Lally Homestead Level 1, 6km. Moderate pace. This short, pre-Christmas social hike/snowshoe is ideal for your holiday visitors to join you in exploring one of the prettiest parts of the Rideau Trail and then join you for the social. This trip allows one final chance for you to gain your coveted 150 badge. Car shuttle, gas \$2 Depart Conlon Farm 9am. Leader: Jack Tannett jtannett@cogeco.ca 613 466 0417

Saturday, December 16 **Christmas Social and Dinner**

Please join us for our annual Christmas get together which will be at Gerbo's Restaurant, 11 Beckwith St., Smiths Falls Social at 5:30pm. Dinner at 6:30pm. We'd love to see all members and friends. Please RSVP by December 1 to Elizabeth Kuiper elisabethkuiper0@gmail.com
 613 812 0770

Membership Application

*** Help Preserve the Legacy! *** The Rideau Trail Association (RTA) is committed to preserving one of Ontario's oldest and longest continuous footpaths, and encouraging use of its trail system through nearly 400 km of scenic beauty between Kingston and Ottawa.	Benefits of membership include the following: Quarterly newsletter with articles and event listings; Retail discounts; Voting rights for local Club and Trail business, and The knowledge that you are supporting and protecting this world-class treasure.
Individual Membership (age at least 18 years) () One year \$25.00 () Two years \$45.00 Household Membership (2 adults, 1 address) () One year \$40.00 () Two years \$75.00 () Car Sticker (free to new members) \$1.00 () Cloth embroidered crest \$2.50 () RTA Hiker Name Pin (Print clearly please.) \$7.00 MEMBER'S NAME Donation, Rideau Trail Association* \$ _____ Donation, Rideau Trail Preservation Fund* \$ _____ Total \$ _____ Send with a cheque (CAD) to Rideau Trail Association, PO Box 15, Kingston ON K7L 4V6 Membership year: April 1 to March 31. Those joining after Oct. 31 are paid-in-full for both current and following years. * Official receipts will be issued for \$10.00 or more (Charitable Reg. No. 11911 9485RR 0001)	() New Membership () Renewal (Please Print) Name(s): _____ Mailing Address: _____ Phone _____ Home: _____ Mobile: _____ E-Mail: _____ E-mail is used for a quarterly newsletter, a monthly E-Letter and occasional other communication. () Please do not send me a printed copy of the newsletter. I will read it online. Memberships are also available at RideauTrail.org The RTA does not share member information with other organizations.
In addition to enjoying hiking and other club activities, there are many other ways to be actively involved in the RTA. Check all activities that interest you. You will be contacted when your help is needed. () Maintaining a section of the Trail () Construction projects	() Leading hikes () Leading cross-country ski or snowshoe outings () Helping with publicity () Organizing social events () Serving on the Executive Other (please specify): _____

Rideau Trail Association – Kingston Club

Winter Getaway Weekend

Hotel Le Chantecler, Laurentian – Jan 19-21, 2018

Feature: A ski excursion with trail fee along the Petit Train du Nord- a well groomed trail



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

Cost for the weekend is \$400 per person, double occupancy or \$500 single. This fee covers return bus travel from Kingston, 2 buffet breakfasts, 1 four course dinner, 1 dinner buffet, and 1 lunch buffet upon departure on Sunday (3-4 pm).

Kingston Club departs from Walmart parking lot (Midland Ave.) at 8:30 a.m. Friday January 19th with arrival about 1:00 p.m., at Hotel Le Chantecler. Return to Kingston arrives about 9:00 p.m. on Sunday January 21st. All arrangements will be confirmed by letter to you early in January 2018. Central Club departs from Brockville at 9:30 a.m.

We have reserved 40 double rooms. Single rooms available. For bus and hotel commitment we require a deposit cheque of \$100 per person upon registration, and a second cheque for the balance post-dated to December 15, 2017. Make cheques payable to Rideau Trail in Trust. If there is insufficient interest, the trip will be cancelled and your payments refunded. Please return completed registration form (below) with two cheques.t

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

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

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

Please copy this notice and share it with a friend
Detach form here, enclose with cheques.



Rideau Trail Association – Kingston Club

Hotel Le Chantecler, Laurentian – Jan 19-21, 2018

Name(s)_____

Address:_____ City:_____ Postal Code:_____

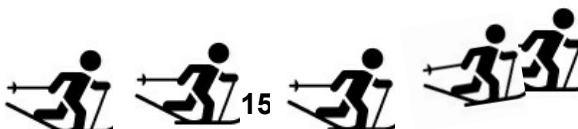
Phone (home)_____ e-mail_____ Rideau Trail Member Y/N|_____

Two cheques payable to Rideau Trail in Trust (\$400 per person double or \$500 single occupancy) are enclosed for the amount of \$_____. A cheque for \$100 is due at the time of application; your other cheque, for the balance may be post-dated to Dec, 15, 2017.

I wish to room with_____. Dietary restrictions_____.

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

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





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

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



Enjoy Casual Dining at Canthooks Restaurant

Open for breakfast, lunch, and dinner
or for a refreshing drink after a long hike.

OTTAWA CLUB ACTIVITIES - FALL 2017

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

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

Emergency Assistance in Gatineau Park or the Greenbelt? Call 911! If it is a life threatening emergency. As for any other emergency call 613-239-5353 or go to one of the Park shelters (marked on the maps and by trail signs).

All Shelters have emergency radio communication systems except Shilly Shally.

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

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

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

SPECIAL NOTICES

Saturday, September 16 Introduction to Hiking

Nepean Sportsplex, 1701 Woodroffe Ave. Full-day course for new hikers and those interested in tips to make hiking safe and enjoyable. \$60 for RTA members, \$85 for nonmembers (includes 1-year RTA membership). Registration starts August 1: e-mail introtohiking@rideautrail.org

Sunday, October 1

Wilderness 1st Aid Workshop 10 am - 5 pm

Regular Activities

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

Urban Walks - Every Tuesday evening from September 12 through to October 25. There may be a refreshment stop after the walk for those interested. Note: Meet at the starting point of the hike as specified in the Activities Calendar at 5:45 to depart at 6 pm. **Do NOT** meet at Tunney's Pasture unless specified. Coordinator: **Maureen Dawson** 613 226-3864.

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

Note: September 21, Wednesday Walkers Anniversary Hikes. The Wednesday Walkers will celebrate their 33rd anniversary with a potluck lunch at Keogan hut. We will meet at Bate Island as usual and split into groups to take various routes to Keogan, aiming to arrive at noon. There is also the option to drive directly to the hut. Please bring food to share. This event will take place regardless of the weather! Leader: Tony Barnes, 613-828-1216 or fellwalkerca@gmail.com. **Details in the weekly e-notice.**

Thursday-Morning Hikes These hikes begin mid-September. 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.

Thursday-150 km challenge and End-to-End Hike various sections of the Rideau Trail. Distance varies from 15 to 25 km. These hikes will be weather dependent. Meet at Baseline Park and Ride for 09:00 departure. Call the leader ahead to arrange to meet at the trailhead and for hike location and distance. We will have a car shuttle.

No cars can be left at Baseline. Bring water, lunch and snack. Gas: \$2 - \$10. Leader: Dave Audette dg.audette@sympatico.ca 613 601-2833.

Saturday Trail Runs (New for 2017!) Level 2+, casual no-drop, 8 to 15 km, most 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

Usual Meeting places -

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.

Bate Island: In Spring, Summer and Fall, meet on the east side of Bate Island. In the winter, meet in the NCC parking lot at the southeast end of Champlain bridge.

NCC Parking Lot: Located at the southeast end of Champlain Bridge. Used primarily by the Wednesday Walkers in the winter when Bate Island is closed.

ACTIVITIES CALENDAR - OTTAWA



The Fallen Parkway

Come with us on a series of hikes tracing the route of the parkway that was to be built north of lacs Meech, Mousseau and Philippe, with an extension to lac La Pêche, in Gatineau Park. Learn a bit about the early settlements and uses of the land along the way, but we can only speculate as to why the parkway plans fell apart. Originally this parkway was going to link up with the Champlain Parkway by tracking back across the high country; hike 5 will take in the far-western part of the link section.

Saturday, September 2

The Fallen Parkway: Hike 1



Level 2, approx. 14 km, moderate pace. From P16, hike on Giant's Trail to Carbide Wilson's ruins for lunch; this wet and hilly trail is rich in human history of the park. Return to our cars via well-worn Discovery Trail (the first part of the fallen parkway) and trail 50. Meet at Tunney's Pasture at 9:15 am for a 9:30 departure. Expect to be back at Tunney's by 4 pm. Gas \$4. Leader: Carol Seal, carol.seal.613@gmail.com

Monday, September 4 Morris Island

Level 1, 8 km. Enjoy hiking around this scenic conservation area on the Ottawa River near Fitzroy Harbour. Meet at 10 am at Baseline Park & Ride. Gas \$6. Leader: Ethel Archard, 613-592-7733 or ethel.archard@sympatico.ca

Tuesday, September 5 Moonlighters End-of-Season Dinner

Saturday, September 9 lac Lapêche, Gatineau Park

Easy level 2, approximately 7 km, 3 hours at leisurely pace on old logging road from the intersection of Steele and Hammond roads. Gentle climbing. Lunch and swim on small sandy beach at lac Lapêche. Bring lunch and water. Depart from Tunney's at 9:30 am. Gas: \$5.00. Leader: Jean Gauthier 613 422-3997.

jrrgauth@teksavvy.com

Sunday September 10 Accessible Hike, North Kanata

Slow pace, 3 km. 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. Leader: Kathryn Fournier, lou_daybreak@hotmail.com

Tuesday, September 12 Greenbank Road to Arlington Woods Area, Ottawa

Meet at Tim Horton's, Greenbank Hunt Club Centre, 250 Greenbank Rd. (just south of Bellman Drive) for departure at 6 pm. Leader: Maureen Dawson, 613-226-3864

Saturday, September 16

Introduction to Hiking
Nepean Sportsplex, 1701 Woodroffe Ave. Full-day course for new hikers and those interested in tips to make hiking safe and enjoyable. \$60 for RTA members, \$85 for nonmembers (includes 1-year RTA membership). Registration starts August 1: introtohiking@rideautrail.org

Saturday, September 16

Camp Fortune, Gatineau Park
Level 2, about 9 km, 3 hours at a leisurely pace on trails 4, 17, 23, 8 and 1 to Keogan cabin for lunch; 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 or jrrgauth@teksavvy.com



Saturday, September 16 The Fallen Parkway: Hike 3

Level 3, 17 to 20 km depending on side trips to lakes and lookouts. P19 to the gravel pit on Eardley-Masham Road or the reverse, all on marked trails. Requires enough participants to form two groups, one westbound and one eastbound; car-key exchange to be done at the midpoint at a lunch and swim stop. Otherwise it will be westbound with more time required for **car shuttling**. **Estimated 5+ hours actual** hiking time. Bring lunch and good boots. Possible last swim of the year. Meet at Tunney's Pasture at 9:15 am for departure at 9:30. Gas \$5. Leader: Peter Haggerty, fw599@ncf.ca

Sunday, September 17 Accessible Family Hike: Stoney Swamp

A gentle hike suitable for young children accompanied by their parents (or grandparents). Come explore the Chipmunk and Beaver Trails. Approximately 2 to 3 km. Bring sunflower seeds so children can experience the thrill of feeding the friendly chickadees. Bring water and a snack. Washrooms are available at the trailhead. Meet at Baseline Park and Ride at 1 pm or the trailhead, Parking Lot 8 (off Moodie), at 1:20. Leader: Sandy Freeman, 613-225-2940

Tuesday, September 19

New Edinburgh/Vanier to Richelieu Park, Ottawa
Meet at New Edinburgh Park, 192 Stanley Ave., Ottawa, for a 6 pm departure. Leader: Pat Archer, 613-565-6149

Wednesday September 20

Anniversary Hikes, Gatineau Park
The Wednesday Walkers will celebrate their 33rd anniversary

with a potluck lunch at Keogan hut. We will meet at Bate Island as usual and split into groups to take various routes to Keogan, aiming to arrive at noon. There is also the option to drive directly to the hut. Please bring food to share. This event will take place regardless of the weather! Leader: Tony Barnes, 613-828-1216 or fellwalkerca@gmail.com



Saturday, September 23 The Fallen Parkway: Hike 4

Level 2, about 12 km; total ascent less than 400 m. Between the gravel pit on Eardley-Masham Road and lac La Pêche in a loop over fairly flat terrain that supports a number of swamps and shallow lakes. We start by heading somewhat south of trail 56 to reach Ben Lake, then carry on, past "Snoopy", to the picnic grounds of lac La Pêche. We return via the planned parkway extension: wide, gentle trail 56. Two maps (posted on the RTA Web site) show the route: Gas \$5. Leader: Kent Phillips, erica.kent.phillips@gmail.com
Map 10 from the EM Road west to Ben Lake, and Map 7 from Ben Lake west to lac La Pêche (contour lines are 5 m apart). Meet at Tunney's Pasture at 9:15 am for departure at 9:30

For maps, please locate this outing at the following URL:
<http://www.rideautrail.org/local-clubs/ottawa/>.

Sunday, September 24

Accessible Hike, Mer Bleue

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

Fournier,
lou_daybreak@hotmail.com

Tuesday, September 26

Rideau River, Ottawa East
Both sides of Rideau River and beyond with an historical touch. Meet at Strathcona Park parking lot (end of Somerset Street East) at 5:45 for a 6 pm departure. About 6 km. Leader: Stephen Chappell, 613-612-0865



Saturday, September 30 The Fallen Parkway: Hike 5

Level 3, about 12 to 14 km, with lots of up and down. From Eardley-Masham Road we'll hike up to high ground, follow faint trail, and take in man-made relics and wonderful views. Some bushwhacking possible. Plan for several nutrition breaks rather than one long lunch stop. Minor car shuttle. Meet at Tunney's Pasture at 9:15 am for departure at 9:30. Gas \$5. Leader: Ann Bolster, 613-828-5131, ann_bolster@hotmail.com

Saturday September 30

Western Greenbelt near Lime Kiln Blue Loop
Level 1+, about 10 km. Rideau Trail, map 18A to 18F. This will count toward the 150-km challenge. Bring snack, water and lunch. Meet at Baseline Park and Ride at 9:30 am. Car shuttle. Leader: Sandy Freeman, 613-225-2940

Saturday September 30

Fall Paddle on Upper Park and Woods Lakes

**** **Note departure location**

Level 2 (cold water), 10 to 15 km, moderate pace. Sheltered paddling in the Lanark Highlands on small lakes with deep bays and islands. The lakes are pretty and with the elevation leaves should be showing

colour by this point. Bring boats, equipment and lunch. Depart 9:30 am from B&T's Hopetown General Store on Hwy 511, Hopetown (Google Map coordinates 45.082662 -76.445863). Leader: Kevin Reynolds, 613-258-1337 or kevinjunk9@gmail.com

Sunday, October 1
Wilderness 1st Aid Workshop;
10 am - 5 pm (25
participants)
David Arama of WSC
Survival School
<http://wscsurvivalschool.com/about/> will provide a 1-day
Wilderness First Aid
workshop at Northwest
One Condominium, 2625
Regina St./265 Poulin Ave,
party room.

Access is at the podium between the 2 buildings. Visitor parking available as well as parking at the Regina Street School immediately adjacent. Course fee is \$49.50 + tax = \$55.94 and includes the WTI Survival manual. Topics included: wilderness first aid and survival kits, communications and equipment, search & rescue access, signalling for help and visibility, top-10 injuries/mishaps in the outdoors, scene surveys; primary and secondary surveys, evacuation techniques, improvised stretchers, improvisational environmental techniques away from 911, basic survival skills (shelter, fire, water, staying put, rule of 3s, survival game plan, panic avoidance), scenarios, treatment of top-10 injuries (hypo/hyperthermia, dehydration, wounds, burns/frostbite, fractures and dislocations, insect bites, poison ivy, animal attacks, blisters, concussions), as well as back/spinal and internal injuries; debriefing. To register, send a cheque dated for October 1 and made out to

WSC Survival School Inc. to: Ann
Lane, 780 Eastvale Dr., Ottawa, ON
K1J 7A1. Questions:
e.ann.lane@gmail.com

Tuesday, October 3
Rideau Canal

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

Saturday, October 7
(Thanksgiving Weekend)
Étienne Brûlé Lookout,
Ramparts and Western,
Gatineau Park

Level 2 at a leisurely pace on well-marked trails, about 9 km, 3 hours. On trails 3 and 28 to the Ramparts Lookout, trails 21, 18 and 2 to Western cabin for lunch at 12:30, and back to Étienne Brûlé Lookout on trails 9 and 1B. We will pass through a couple of former farms, land cleared by early settlers in the mid-19th century. Bring lunch and water. Wear good boots. Depart from Tunney's Pasture at 9:30 am. Gas \$4. Leader: Jean Gauthier, 613-422-3997 or jrrgauth@teksavvy.com.

Saturday, October 7
(Thanksgiving Weekend)
Wakefield Tour

Level 1+, 6 km. From the old station yards (next to public toilets) we will visit the old mills, cemetery and 19th century homes of the characters who built this lovely riverside community. Learn about the dawn and demise of the railway and even a royal visitor! One short, steep climb. Lunch stop at village markets, then drive to Fairbairn House and covered bridge. Optional coffee/tea at Chamberlin's General Store. Gas \$4. Meet at Tunney's Pasture at 9 am for 9:15 departure. Leader: Fran Cutler, 613-729-2055 or francutler@bigpond.com (Leader

requires ride.)

Sunday, October 8
Hikers at Play, Perth

Level 1-2 hike, about 9 km, followed by a matinee (subject to tickets, \$24 cash only, being available at the door) of the play "The Tomorrow Box" at the Studio Theatre in Perth (www.studiotheatreperth.com). Gas contribution \$8. Departs from Baseline Park & Ride at 9:00 am, back about 5:30 pm. Leader: John Haley, 613-225-0590

Monday, October 9
(Thanksgiving Weekend)
Rockcliffe Park

Level 1 urban hike exploring Rockcliffe Park. Meet at Tunney's Pasture at 9:15 to carpool and depart or meet at the 2nd parking area in the Park at 9:45. Gas \$2. Leader: Ann Lane, e.ann.lane@gmail.com

Tuesday, October 10
Arboretum, Rideau Canal and
Dow's Lake Loop

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

Friday, October 13 RTA Club
Night at MEC: 5 - 8:45 p.m.

Preparing for Winter
Bring your RTA membership to
enjoy a 10% discount on most
regular priced merchandise at
MEC. We have the Community
Room booked so you can stop in
for light refreshments and to meet
and greet. Suggestions,
submissions and questions
concerning the Winter Schedule
will all be welcome. The theme of
the winter schedule will be Winter
Wonderland. Activities that take
members to scenic winter places.

**Saturday, October 14
Mackenzie King Estate &
Lauriault Trail, Gatineau Park**

Easy level 2, approx. 7 to 8 km. Starting at Mulvihill Lake, tour the grounds of the Mackenzie King Estate. We will visit the PM's home as well as his cottage on Kingsmere Lake and hike to the waterfall and along the Lauriault Trail. Bring a lunch. Meet at Tunney's Pasture for a 10 am departure. Gas \$3. Leader: Ethel Archard, 613-592-7733 or ethel.archard@sympatico.ca

**Saturday, October 14
Wakefield Triangle East,
Gatineau Park**

Level 3, 20 km. Wakefield (P17) past Carman, Brown and Source lakes to Healey cabin and Herridge lodge; lunch at Healey or Herridge. Return via #50 (Pine Road) and #52. Bring lunch and appropriate clothing and footwear. Estimated 5+ hours actual hiking time. Meet at Tunney's Pasture at 9:15 am for departure at 9:30. Gas \$5. Leader: Peter Haggerty, fw599@ncf.ca

**Sunday, October 15
Hikers at Play, Smiths Falls**

Level 1-2 hike, about 9 km, followed by a matinee (subject to tickets, \$20 cash only, being available at the door) of the play "Who Dunit?" at the Station Theatre in Smiths Falls (smithsfallstheatre.com). Gas contribution \$7. Departs from Baseline Park & Ride at 9:30 am, back about 5:30 pm. Leader: John Haley, 613-225-0590

**Sunday, October 15
Accessible Hike, Stony Swamp**

2 to 3 km, slow pace. From P8 we will explore the Beaver and Chipmunk trails. This hike is suitable for people in wheelchairs, those with limited mobility and anyone who enjoys a pleasant walk in

beautiful surroundings. Meet at Fallowfield Park & Ride at 1:30 pm. Gas \$3. Leader: Kathryn Fournier, lou_daybreak@hotmail.com

**Tuesday, October 17 Hog's
Back/Vincent Massey
Park/Ottawa South**

Meet in RA Centre parking lot (near Riverside Drive). Leader: Kathryn Fournier, lou_daybreak@hotmail.com Saturday, October 21 Wolf Trail to Pulpit, Gatineau Park Level 2, moderate pace. Starting from P13 take the Wolf Trail to the Pulpit for lunch. Meet at Tunney's Pasture at 9:15 for a 9:30 departure. Gas \$3. Leader: Bob Smith, 613-225-1358 or rsmithdsl@gamma.ca

**Sunday, October 22
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 and snacks for the hike. Lunch afterwards at a restaurant in Pakenham. Depart from Baseline Park & Ride at 8:30 am. Gas \$5. Leader: Ron Hunt, 613-298-1626 or re.hunt@sympatico.ca

**Saturday, October 21
Mountain Road abandoned ski
hills**

Level 2+ hike to explore some of the unused ski hills from the early years of skiing in Gatineau Park. Meet at Tunney's Pasture at 9:20 to carpool and depart. Leader: Ann Lane e.ann.lane@gmail.com. Gas. \$2.00

**Sunday, October 22
Adopt-A-Road
The Ottawa Club will be conducting its annual fall clean-up on Roger Stevens Drive just outside of North Gower. This event will be a go "rain or shine", so please dress for the weather. Bring your own work gloves if you own a pair. We are**

usually finished the clean-up by 12:30 pm and then head off to the Marlborough Pub for lunch and/or refreshments. If you can, please register ahead of time through Brian LaDuke (613-534-8538, yellow.bumper@hotmail.com) or Denise Hall (613-843-8222, rebeccahall@rogers.com) If you decide to help out at the last minute, just show up. Meet at Fallowfield Park & Ride for a 9 am departure. Gas \$5.

**Tuesday, October 24
Downtown Ottawa Walk**

Depart from Supreme Court, 301 Wellington Street, at 6 pm and walk along the Canal, making a loop through the downtown streets and back to the Supreme Court for approx. 5 km. Leader: Lianna Cousins, 613-820-8592

**October 27, 28, 29
Poet's Pathway**

New poems, urban forests, Ottawa's neighbourhoods, all in one weekend. Leader: Audrey Stewart, 613-722-9641 or audrey.j.stewart@gmail.com

Friday, October 27

Level 1, 9 km. If driving, meet at the parking lot at the corner of Montreal Road and River Road at 5 pm. If bussing, join us at Beechwood Cemetery at 5:15

Saturday, October 28

Long level 1, 20 km. Planned meeting place is Hunt Club Riverside Park Community Centre at 8 am. Please confirm with leader. October 29 Long level 1, 18 km. Meeting place is Ron Kolbus Centre in Britannia Park at 8 am.

**Saturday, October 28
Capital City Treasures**

Level 1, about 6 to 8 km and 2 to 3 hours. This urban walk will be a guided historical and cultural tour

of the streets of downtown Ottawa. We will be exploring the statues, monuments and memorials on Parliament Hill, Elgin Street, Sussex Drive north and places commemorating Colonel By, Champlain, Sir Galahad, the National Arts Center and the National Gallery of Canada. Bring a snack or stop at one of the coffee places on the way back. Meet at the Lord Elgin Hotel, 100 Elgin Street, at 10:30 am. Leader: Marilyn Schwartz, 613-828-4488 or marilyn_sch1970@yahoo.ca

Saturday, October 28 Forsythe Mine and Sixties Trails. Gatineau Park

Level 2, 9 km. Two leaders, two paces. After a guided visit of the historic Forsythe mine, we'll hike the interesting sections of trails 64, 65, 66, and 67 with a visit to some noteworthy lookouts. The hike will start at Mine Road and end at the NCC P1 parking lot (Asticou P8). About 4 hours with an outdoor lunch. Depart Tunney's Pasture at 9:30 am. Gas \$3. Leaders: Jean Gauthier (613-422-3997 or jrrgauth@teksavvy.com) and Ann Bolster (613-828-5131 or ann_bolster@hotmail.com)

Sunday, October 29 Mooney's Bay and Hog's Back, Ottawa

Level 1, 4 to 6 km.
Brisk pace. We will start at Mooney's Bay and explore both sides of Hog's Back Road. Meet at Tunney's Pasture at 1 pm. Gas \$2. Leader: Kathryn Fournier, lou_daybreak@hotmail.com

Tuesday, October 31 Halloween Walk

Depart from Ottawa City Hall, Lisgar Street entrance, at 6 pm. Please wear a costume to make it a fun evening. Optional stop at a pub afterwards. Leaders: Maureen

Dawson. 613-226-3864. and Joan Evans. 613-736-1527

Saturday, November 4 Lincoln Fields Shopping Centre to St. Stephen's Church Fall Food Fair and back

Level 1. Leaving from south east corner of Lincoln Fields Shopping Centre through open fields and residential area to St. Stephen's Church Fall Food Fair for lunch (or bring your own lunch) and back. Meet at Tunney's by 9:15 am for a 9:30 am departure. Leader: Kathryn Fournier lou_daybreak@hotmail.com

Saturday, November 4 Both Sides of the Ottawa River

Level 1, about 11 km (some will count toward the 150-km Rideau Trail challenge). The Ottawa River has been central to the history of Canada as a route for indigenous peoples, then starting in the 17th century for European explorers and later for the lumber industry. We will walk across the bridge named for Samuel de Champlain and along the Sentier des Voyageurs, past the old Eddy paper mill and Chaudière Falls, with a refreshment stop at the National War Museum. Bring a lunch. Depart from Tunney's Pasture at 10 am. Leader: Ethel Archard, 613-592-7733 or ethel.archard@sympatico.ca

Saturday, November 4 Avion Fur Farm, Gatineau Park Level 2.

Leaving from P16 we will explore the site of the old Avion Fur Farm and learn a little bit about the history behind it. Some off-trail work. Lunch at Herridge or Healey cabin. Approx. 12 km. Meet at Tunney's by 9:15 am for a 9:30 departure. Gas \$4. Leader: Denise Hall, 613-843-8222 or rebeccahall@rogers.com.

Saturday, November 11 Remembrance Day: Vorlage Hill and Maclaren Cemetery, Wakefield

Level 2, 10 km, 3+ hours. From Wakefield public parking lot (behind Chez Eric). Village walk and hike up Vorlage ski hill (200 m), taking a prolonged stop at the Maclaren Cemetery (Information about the Canadian cultural and political luminaries interred there is welcome and to be shared). Clockwise/counterclockwise direction negotiable. Meet at Tunney's Pasture at 9:15 am for departure at 9:30. Gas \$5. Leader: Peter Haggerty, fw599@ncf.ca

Saturday, November 18 Ghost Town

Level 1, about 8 km. Hike in the area of Nicholson's Locks, exploring the old pioneer cemetery, the ghost town, stone homes built along the canal and other historical items that predate Confederation. Bring a lunch. Meet at Fallowfield Park & Ride to leave by 9:30 am. Gas \$6. Leader: Elizabeth Mason, 613 729-6596

Saturday, November 18 Shark Lake

Level 3, about 15 km. Hike into Two Turtles, then unnamed ponds in the Shark Lake area. Rugged hiking on and off trail. Meet at Tunney's Pasture at 9 am. Gas \$4. Leader: Dave Audette, 613-601-2833 or dg.audette@sympatico.ca

Saturday, November 25 Ottawa's Industrial History: Urban Hike & Pub Crawl

Level 2, about 13 km (some will count toward the 150-km Rideau Trail challenge). Walk from Tunney's Pasture by Ottawa's industrial past: the log chute, old water treatment plant, former sites of the Grand Railway station, the Eddy Shunt Railway, PPJ railway bed

and J.R. Booth's lumber cribs. Several stops at pubs to warm up and refresh along the way. Lunch will be in a pub. Meet at Tunney's Pasture at 9 am. Leader: Dave Audette, 613-601-2833 or dg.audette@sympatico.ca

Saturday, December 2 Lime Kiln Blue Loop,

Greenbelt Level 2, about 9 km and 3½ h at a leisurely pace on flat terrain. Snowshoe or hike the Jack Pine and Chipmunk trails from P11 on West Hunt Club Road. This will count, totally or in part, toward the 150-km Rideau Trail challenge: the route can easily be shortened if desired. Outdoor lunch at the historic Flood Lime Kiln. Wear good boots and snowshoes or spikes depending on the conditions. Depart Baseline Park & Ride at 9:30 am. Gas \$2. Leader: Jean Gauthier, 613-422-3997 or

jrrgauth@teksavvy.com

Saturday, December 2 Mountain Road to Relais de Plein Aire via Pink Lake

Level 3 hike involving a car shuttle. Meet at Tunney's Pasture at 9:20 to carpool and depart. Gas \$2. Leader: Ann Lane, e.ann.lane@gmail.com

Saturday, December 9 Gatineau Park, Historic Healey Cabin

Level 2, about 9.5 km at a leisurely pace from P15 to Healey cabin and back on trail 70; some gentle climbing. Lunch at Healey. Wear good boots, crampons and/or snowshoes, depending on the conditions. Depart from Tunney's Pasture at 9:30 am. Gas \$4. Leader: Jean Gauthier, 613-422-3997 or jrrgauth@teksavvy.com

Saturday, December 16 Rideau Trail: Marlborough Forest

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

Saturday, December 23 Trails 65 and 66, Gatineau Park

Level 2 snowshoe or hike, about 9 km, 3½ h at a leisurely pace from Relais Plein Air (P2). Some climbing. Wear good boots and snowshoes or spikes depending on the conditions. Depart Tunney's Pasture at 9:30 am. Gas \$2. Leader: Jean Gauthier,

Rideau Trail Trail Alerts.

Remember to always check the web page before hiking on the Rideau Trail.

Take part in maintaining the Rideau Trail and report a hazard by emailing us at info@rideautrail.org or by phoning us at 1-613-545-0823

Alerts are listed in reverse chronological order, the most recent first, with their latest status (e.g. Current or Resolved). We also have a **brief list of ongoing hazards** that hikers may encounter while hiking the Rideau Trail. **Important:** Closure information is not always actively updated on weekends.

July 18, 2017 - **Map 14** There is flooding in the Marlborough Forest between map points 14B and 14C. The trail is still open. Use caution when hiking this section.

July 18, 2017 - **Map 16** There is flooding along a road allowance between map points 16D and 16F. The trail is still open. Use caution when hiking this section.

July 18, 2017 - **Map 15** There is flooding in the Marlborough Forest between map points 15C and 15D. The trail is still open. Use caution when hiking this section.

**Highlights of RTA Board Meeting
McMartin House, Perth,
July 22, 2017
By Denise Hall, Ottawa Rep.**

President: We began our meeting with our new president, Brian Grant being introduced with a presentation of our 43rd anniversary's walking stick. Brian began the meeting with his ideas of how to make our meetings more efficient and a rearrangement of the order we will do business.

Part of our morning was spent on a round table discussion of our RTA Insurance and risk management. We had a half hour teleconference call with Mike King, insurance agent of Intercity Insurance Services who clarified what our insurance covers with time for questions later.

During the rest of the morning a number of motions were put forth to establish a number of committees such as risk management, communication and succession planning as well as an affirmation to participate in the Ontario government's Trails of Distinction program.

Membership: Bill Ottney reported that he is continuing to work with Sheila Menard on the transition of the Membership Director's portfolio. He is in the process of changing the membership report format to make the report less cumbersome to prepare. Our membership numbers continue to grow.

Marketing & Communications: Paul Galipeau has made the plea for help with the Webmaster job. Several Ottawa members have come forth and will be trained to assist with the Website. Our Web traffic has had a healthy boost in attention on social media through 150 Challenge hikers and Wild Bruce Chase Runners. Membership to Volunteer Ottawa was purchased on July 16, 2017 by Paul with Board approval. This resource will give us a number of benefits and access to a list of over 3,000 pre-screened volunteers with a wide range of experience and skills.

Trail Routing, Securement and Maintenance: David Batchelor, our new director in this portfolio, has been busy gathering information from his predecessor, Jim Lorimer as well as the trail coordinators of each section. Flooding, of course, has been a major issue many sections along our trail this spring and summer and he has made the request to make the Alerts an easy to find Button on the main page of our website.

Newsletter: Jane Moore, new newsletter editor from Kingston, was in attendance and stated that she continues to get support from John Cornish as she learns the ropes to do the job independently.

Treasurer: Lorraine Farkas gave the board an overall picture of our finances to date. We are in healthy shape. We have increased income as of this time last year, mainly due to increased membership and donations made.

Club Reports:

Ottawa: Sandy Freeman reported that a draft agreement has been struck with Montague Township to ensure continued access to RTA members hiking on township property through the efforts of Ottawa's Landowner Liaison, Lianna Cousins. As well as the Adopt-a-Road clean-up along Roger Stevens Dr. on April 22nd many of our members (50) participated in a Trail Maintenance Blitz on May 6th despite the rainy weather and collected over 100 bags of garbage. 9 members from Central and Ottawa are now certified hike leaders after participating in the Hike Ontario Leaders Course on June 10th in Ottawa. Long time RTA member, Bill McGee delivered a talk on the history of Gatineau Park Trails on June 26 at the MEC community room to a capacity crowd. This was a fitting introduction into the planned historical themed hikes for fall in the Ottawa Club.

Central: Jack Tannent reported that a pot luck was held in early July for hike leaders (including 4 new hike leaders) and was well attended. The two Canada 150th events (an historic walk of Smith Falls and the hike/swim/BBQ at Murphy's Point Park) were both well attended despite the rain. Work with Parks Canada to cross Beveridge Dam and bring the trail off Hwy. 43 is progressing well. Parks Canada has released the dam for access and the dam and the west side have been cleared. A new sign and picnic table are to be installed within 3 months. Continued work to explore a new route on the east side off road is ongoing.

Kingston: Robert Schofield reported that the 25 km blue loop around the city of Kingston has officially opened. Kingston is exploring ideas to honour RTA founder Doug Knapp. A joint hike in the Foley Mountain area with members from all three clubs on July 16th was highly successful. Linda Line has been looking into catering costs and a menu from the Merrickville Legion for the 2018 AGM. The Kingston Executive has started trying out a Consent Agenda (tool for improving governance) at meetings and this was shared with the Board.

Other: David Allcock (Routes and Negotiations, Central Club) did the legwork and submitted a proposal to the Board to purchase gifts (half-litre bottles of maple syrup) as well as the method of distribution for our landowners to show our appreciation. We will be purchasing the syrup from Bill Irwin of Elginburg, a Rideau Trail landowner who is a maple syrup producer. Paul Galipeau agreed to look after the labelling. A motion was put forward and was passed by the Board to spend a sum not exceeding \$1,100.00 from the RTA general fund to carry out this initiative.

Next Board Meeting: Saturday, October 21, 2017

Rock On!

Sylvain Larue, an Ottawa Rideau Trail Member, strives to meet his goal of procuring the coveted Ottawa end-to-end badge with honesty and integrity. To ensure every part of the trail has been traversed, Sylvain chooses a rock at the beginning of his journey and leaves it on the trail at the end of each section he completes, retrieving and depositing his rock each time, ensuring he has covered the trail in its entirety.



Participants' Responsibilities

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

Levels of Difficulty

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

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

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

2017 Hunting Seasons

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

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

Nov. 06 to Nov. 19, 2017: Deer hunting with high velocity rifles is permitted for this period in rural and forested area to through which the Rideau Trail runs.

Dec. 04 to Dec. 10, 2017: Deer hunting using bows or muzzle-loading guns only is permitted. (Bow Hunters also may be permitted at other dates Oct 01 to Dec 31)

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

Additionalinfo:

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

Welcome New Members Fall 2017

CENTRAL

Elizabeth Gallant
Adam & Saunya Joyner
Larah Martians

KINGSTON

Leah Adams
Annie Andrews
Melanie Beacock
Tim & Christine Everdell
George Garrow
Janet Goodfellow
Karen Jackson
Margaret Jackson
Carole Kinnear
Jooyun Kwan
Jane MacNaughton
Francisco de la Parra & Joanne-Rotermundt-de la Parra
Marlene Rothenbury
Alex & Marc Roussel
Leandro G Silva
Gavin Hutchison & Hilda Thompson
Victoria Courtois & Matt-White

NON-AFFILIATED

Denise Brady
Michelle Brady
James W Coburn
Kathryn Dean
Marc Gaertner (Germany)
Kristen Haatveldt
Erin Sheard & Robert Scheifley
William & Audrey Snel

OTTAWA

Jo-ann D & Colin V Ashford
Paul Baldwin
Michael Camiot
Emily Ching & Michel Carpentier
Lisa Dalphy
Lynda M Danquah
Pat Searson & Phyl Drennan
Shirley Elliott
Jens Eskelundhansen
Anne Finn
Jonathan & Stacey Freedhoff
John Frogley
Kristopher & Rachel Gagnon
Susan Gardiner
Tammy Greaves
Carol Groulx

Mary Haley-Newton
Mary Hart
Martin Hill
Serge Frechette & Jennifer Lainez
Ginette La Roche
Brian Le Conte
Duncan MacLeod
Daniel McDonald
Marie-Christine Bédard & George Matheson
Anne Millar
Laura Rose Swan & Jason G Myerson
Sofia Perin
Douglas Pye
William F Ricketts
Viviane Rossini
Manju Sah
Eva Siekierska
Hendrik Sire
Pascale Springuel
Elaine Stewart
Andrew Svensson
Lee Roy & Wendy Swerdfager
Jeff Tolan
Vikash Verma & Kiran Wani
June Wilson
Jiayi Zhang & Fangwei-Zeng

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:
Lorna Deyo
Members at Large:
Patti-Lynn Earle
John Cruickshank
Newsletter Editor: Jane Moore

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



PHOTO BY PATTI EARL

More happy hikers smiling for the camera at Chaffey's Lock.



PHOTO BY CATHERINE PURCELL

Hikers at Rock Dunder having a great day!



PHOTO BY BILL OTTNEY

Wild Blueberry feast - Slide Lake



PHOTO BY CATHERINE PURCELL

Long standing tradition - enjoying an ice-cream at Seelys Bay after a hike at Rock Dunder.



PHOTO BY BILL OTTNEY

Lion's Beach to Bedford Mills



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



John Cornish
1942 - 2017

Happy hiking in heaven my friend....



PHOTOS BY MARIE CHRISTINE BÉDARD



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