



Rideau Trail

NEWSLETTER

Winter 2017-18

Issue No. 186



Winter Wonderland

Embracing the season with the
Ottawa Club

Douglas Knapp Honoured

BY DON COULTER

On 10 June 2017, Rideau Trail's own Doug Knapp was recognized for his trail blazing efforts by the City of Kingston and the K&P Trail. The occasion was the official opening of the urban section of the K&P Trail, held at Douglas Fluhrer Park in the Kingston Inner Harbour. The opening celebrated the nearly 10 km of fully accessible walking trail stretching from the Kingston City Hall to the Rideau Trail junction at Sydenham Road. (See Exciting, page 17).



Doug Knapp and author (left) attend ribbon cutting with Kingston mayor and city councillors.

PHOTO: SUE HITCHCOCK



Lynn Esau's family (Kingston) enjoyed our 150 Challenge. More on page 8.

Winter Wonderland



Untracked snow, fresh powder, stunning blue skies and spectacular winter scenery: "Winter Wonderland" is the theme of the Ottawa Club's activities for the coming season (page 18).

COVER AND WINTER SCENE PHOTOS BY STEVE KELLY

"Thanks for coming on my hike."



Doug Knapp - Trail Pioneer

In 1971, Doug initiated the Rideau Trail, a long-distance wilderness trail between Kingston and Ottawa. The Rideau Trail crosses over farms, forests and the rugged Canadian Shield, focusing on an attractive and challenging route while ensuring safety and accessibility. The Rideau Trail Association has existed and maintained the continuity and quality of this great trail for 45 years!

Doug was involved with the Federation of Ontario Hiking Trails (now known as Hike Ontario) and acted as the Rideau Trail Association's sole representative with FOHTA until 1981.

Doug was also instrumental in the development of the Cataraqui Trail in his role as the Chair of The South Eastern Ontario Rail to Trails Association.



As a member of the K&P Trail Group, Doug was involved in exploring the abandon rail bed (old CPR Line). The group focused on converting the old abandon CPR line between Sharbot Lake and Kingston into a multi-use trail. In 2001, several townships of Frontenac County decided to work together to establish the K&P Trail.

Over the years the trail has expanded. The trail currently runs from Kingston in the south to Tichborne in the North.

Citation on dedication plaque

PHOTO: DON COULTER

After a hike,
come rest and
have a bite



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What's in YOUR Winter Backpack?

BY CAROL SEAL

I could not believe what had just happened! Halfway into the beaver dam crossing, freezing water flowed over the top and into my right boot, and proceeded to wet my polyester sock faster than I could say, "Baby, it's cold outside!"

It was November 2014. I had joined the RTA earlier that year, and was venturing into my first cold-weather hike in the Gatineau Hills. I should've taken the route suggested by the hike leader: the long way around the pond. It was too late; I was committed to taking the exciting shortcut over the damn, partially submerged dam. I was so embarrassed about the soaker that I made Mistake Number 2 - not telling the hike leader about the incident. Mistake Number 1 was not packing an extra pair of socks in my backpack.

It was difficult to enjoy the rest of the hike because I became chilly all over and I couldn't understand why my foot kept getting colder despite repeatedly scrunching my tender tootsies! By the time we car-pooled back to my chariot at Tunney's, I was miserable and my foot was quite numb. I immediately took off my socks and boots-yup, both feet-and put on the only other footwear in the car: my Teva sandals. (Note to silly self: sandals are not winter footwear, unless lucky me is wintering in warmer climes.) Once I got home, I

had the good sense to slowly warm up my foot with a foot bath of cool water.

I've since learned that the thermal conductivity of water is approximately 30 times that of air (wow!), so the body loses heat rapidly when dunked in water or covered in wet clothing. That leads to a rapid decline in body temperature. No wonder I became cold so darn quickly.

Extra socks are now with me whenever I go hiking. (Wool is best as it retains heat when wet.) As well, because I tend to hike with gusto, I perspire easily (read: wet clothing) and so my winter backpack also contains extra gloves, mitts, hats, headbands and a Merino wool base layer for the upper body. Then again, to reduce sweating, I do layer and vent my clothing, plus I try to mind my pace. I also pack a "puffy" jacket for extra warmth during the lunch break and extended stops. Indeed, once I chuck in food, water and a thermos of soul-warming hot tea, my backpack is stuffed! But, I kid you not, it's much better than being cold and miserable.

One other item I always bring is proper ice-grippers. The microspikes carried by MEC (See back cover.) get my vote, hands down. My opinion comes from another painful experience, but that story is for another day.

CAROL SEAL LEADS AND HIKES
WITH THE OTTAWA CLUB

Rideau Trail Association ANNUAL GENERAL MEETING

Saturday, May 26, 2018

Merrickville Legion 245
Details in the Spring Newsletter



Winter End-to-End



Snowshoeing the Rideau Trail through fields blanketed with fresh snow, over frozen beaver dams, and up icy trails? What a concept! Who would have guessed, almost 10 years ago when the first group of hardy hikers ventured from Kingston to Ottawa, that the Winter End-to-End would become an annual RTA tradition.

This challenge is a vigorous way to enjoy our Canadian high winter. Thanks to Bill Murdoch's influence, the Winter End-to-End now takes three seasons to cover the entire Trail. Lunching outdoors in the silent beauty (and sometimes misery) of winter, only helps to generate the camaraderie that develops among the participants. Staying in hotels, motels and B&Bs along the way is an option that gives us a fresh start each day.



2018

Two groups will travel the Trail between Merrickville and Ottawa.

Core Group: 12-15 km per day.

Leader: John Morrison 613-530-4876
sail-ability@sympatico.ca

Extra Length Group: 15-20 km per day.

Leader: Carol Seal 613-291-7547
carol.seal.613@gmail.com

Saturday/Sunday January 6 and 7

Saturday/Sunday January 20 and 21

Friday/Saturday/Sunday February 2, 3 and 4

Saturday/Sunday February 17 and 18

New Group, if sufficient interest, starting in Kingston.

Leader: Audrey Stewart audrey.j.stewart@gmail.com
613-722-9641, mobile 613-898-9641

If you are interested in joining any of these groups, please contact the appropriate group leader.



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

Telephone:

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

Electronic Mail: info@rideautrail.org

Webmaster: web@rideautrail.org

E-Letter: e-letter@rideautrail.org
(Send updates by 25th of the month.)

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

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Spring Newsletter: **Deadline February 1, 2018**

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
moorejaneg@gmail.com (613) 382-7766

Board of Directors

President: Brian Grant, Ottawa
(613) 225-8770 brian_grant@sympatico.ca
Past President: Robert Groves, Lanark
(613) 259-3175 john.robert.groves@gmail.com
Vice President: * ACCEPTING APPLICATIONS *

Secretary: Liz Choros, Nepean
(613) 224-9064 lizchoros@gmail.com
Treasurer: Lorraine Farkas, Ottawa
(613) 729-3660 lorraine.farkas@sympatico.ca
Membership Director: Bill Ottney, Smiths Falls
(613) 858-3183 ottech2@gmail.com
Trail Coordinator: David Batchelor, Perth
(613) 264-1559 trailcoordinator@rideautrail.org
Marketing/Communications: Paul Galipeau, Ottawa
(613) 255-8760 pgalipeau@gmail.com

Club Chairs:

Central: Gill Hyland, Perth
(613) 267-5756 ghyland2@cogeco.ca
Kingston: Robert Schofield, Kingston
(613) 384-4530 bobschofield99@gmail.com
Ottawa: Sandy Freeman, Ottawa
(613) 225-2940 sandyjfreeman104@gmail.com

Club Representatives:

Central: Jack Tannett, Perth
(613) 466-0417 jtannett@cogeco.ca
Kingston: Sharen Yaworski, Kingston
(613) 544-6022 sharenann@gmail.com
Ottawa: Denise Hall, Ottawa
(613) 843-8222 rebeccahall@rogers.com

Newsletter Editors:

Kingston: Jane Moore, Gananoque
(613) 382-7766 moorejaneg@gmail.com
Ottawa: Steve Kelly, Ottawa
(613) 422-1318 stkelly@rogers.com

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EDITED BY STEVE KELLY, OTTAWA

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Association News

Highlights of RTA Board Meeting

McMartin House, Perth, October 21, 2017

BY DENISE HALL, OTTAWA REP.

The Board Meeting was attended by most of the Strategic Planning Working Group in addition to the regular Board members. The main focus of this lengthened meeting was to discuss the findings of the Strategic Planning Committee, consider their recommendations and decide on next steps. **Ron Hunt** and **Brian Grant** headed this discussion. (SEE PROGRESS, PAGE 7)

Here are the highlights of the reports to the meeting.

President: Brian Grant reported on the various committees that were formed during the July Board meeting. At a Volunteer Ottawa day of workshops he networked with leaders of other non-profit organizations. Brian also attended the Hike Ontario Summit

in Haliburton last September. He encourages all RTA members to attend events like these to look for more ways that Ontario hiking clubs can work together to address common issues. Looking ahead he would like each club as well as the Board to develop action plans as a way of tracking progress.

Membership: Bill Ottney has improved our procedure for Pay Pal. In general, the Pay Pal process is far less time-consuming than that for processing mail-ins. As of October 13, new memberships (309) are up 18.8 % over this time last year. Our current annual memberships are up to 942 which is 13.5% more than October, 2016. Current life memberships stand at 152.

Treasurer: Lorraine Farkas gave a detailed report on our financial state and said that many donations came in memory of John Cornish. Lorraine responded to the financial analysis report presented by the Strategic Planning Committee and it was agreed that we would like to make our financial matters more transparent to our RTA members.

Marketing and Communications: Paul Galipeau gave a general update to our Web and Social Media traffic. It appears that we get the most Web traffic in the April-June time frame. Paul had the maple syrup labels designed and printed, so the clubs could present the gifts to the landowners. An inaugural meeting of the Communications Committee (Paul Galipeau, Brian Grant and the Newsletter Editors) proposed terms of reference to oversee improvements in communications.

Trail Coordinator (Routing, Securement and Maintenance) - David

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Participants' Responsibilities

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

Levels of Difficulty

Hiking/Snowshoeing

- Level 1 Well defined trails, gentle inclines. Suitable for beginners.
- Level 2 Generally on trail. May be hilly, light bush-whacking, some rough spots or obstacles. Boots are recommended.
- Level 3 Rough Terrain. One 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.

Cross-country Skiing

- Level 0 Flat terrain, variable length.
- Level 1 Gentle hills, may be long distance (e.g. 15 km)
- Level 2 Variable terrain, some steep hills. (Green and Blue trails in the Gatineau Park).
- Level 3 Long, varied terrain, may be off trails. Level 2 experience essential (Black trails in the Gatineau Park).

Batchelor has arranged to have access to update the "Alerts" section of the website directly. David plans to publish "good news" as well as problems. He intends to keep notices of permanent re-routes active for one year so that users can be reminded that they should download a new map. David has started to work with the Club Trail Coordinators to consolidate all the information that we have on Trail locations and status. We will gather a list of resources that we can use such as detailed maps, local government contracts, trail structures, etc. David will be working with the clubs to come up with a consistent format for use of spreadsheets to consolidate this data.

Newsletter: Steve Kelly, Winter Issue's editor, gave an update on the state of preparation. The issue will have seven advertisers. Steve will be reviewing advertising rates for a possible adjustment which would be effective in 2018.

Reports from the Clubs:

Ottawa: Sandy Freeman reported that on August 6th some RTA members volunteered at a Parks Canada promotional event at Hartwell Locks on the Rideau Canal. **Ron Hunt** and **Ruth Oswald** successfully delivered their 3rd Introduction to Hiking course of 2017 on Sept. 16th with 13 participants in attendance. An event to discuss trail maintenance and safety issues was held on Sept. 20th for Ottawa Trail Maintainers. A successful one-day Wilderness First Aid course was held on Oct. 1 in Ottawa for 23 RTA members. Several agreements were signed with the National Capital Commission and with the City of Ottawa for our Trail's use along the Parkway, the Greenbelt and in Marlborough Forest.

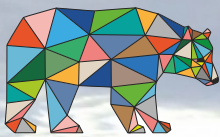
Central: Gill Hyland reported that after being granted permission from Parks Canada, **Jack Tannett**

led a work crew in clearing the Beveridge dam, and erecting safety and info signs. They placed a picnic table on the west side of the dam. This is the first step in rerouting the Trail off Hwy 43. The issue of permits for access to Foley Mountain has now been resolved. Kingston and Central will now be obtaining permits for any planned hike. Members from all three clubs attended Central Club's summer/fall potluck at Rideau Ferry Yacht Club Sept. 23rd.

Kingston: Bob Schofield reported that Kingston has developed a 5 year plan for the generous Sue Nag Fund to be used for trail maintenance. Plans include a ferry construction and installation at the St. Anthony Monastery, floating boardwalk construction and installation between St. Anthony and Murphy's Point, and gravel upgrades in Kingston and repairs in the Marshlands Conservation Area.

Next Board Meeting: Saturday, January 20, 2018.

Rideau Trail Closed
Tuesday, March 13, 2018
Please stay off the Trail this day.



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Trail-side bench in Kingston, dedicated to Doug Knapp and his trail building efforts. (See Douglas, page 2.)



Doug Knapp Trail Blazer
He worked tirelessly for over 25 years to make the K & P Trail a reality



Rideau Trail
NEWSLETTER

Association News

Progress Report: RTA Strategic Planning

The Board has selected the top three strategic issues that will be the foundation of the 2018 strategic plan:

1. Securing the optimum route for the Trail;
2. Improving organizational management, accountability and effectiveness; and
3. Membership development

This decision was made at a special meeting of the Board on October 21, 2017 and came about after the Directors reviewed and discussed a series of reports produced by the Strategic Planning Working Group. Thanks to RTA members, Club Executives and Landowners, we had hundreds of ideas on how we could improve the Trail and the Association. This information will be very helpful as the Board moves to the next step: developing solutions and strategies for making progress on the three priority strategic issues.

During the next few months, two working groups will identify potential steps we can take to address the first two issues. The initial goal of the working groups will be to recommend strategies to the Directors at the January 2018

meeting of the Board. Detailed action plans for the selected strategies will be developed after the January 2018 Board meeting. The Membership Development issue will be addressed at a later date when plans for the first two issues are ready.

The membership survey that was planned as part of the strategic planning process has been delayed because of workload. It is intended that the membership survey will occur in 2018.

Thank you to everyone who has contributed to the strategic planning process. We need to continue to hear from you. You can contact us at strategicplanning@rideautrail.org.

Brian Grant
Chair, Strategic Planning Working Group



Saturday Skiers

BY STEVE KELLY (REPRINTED FROM WINTER 2011)

The name may be different* from past years, but our spontaneity persists. The destination and route are still chosen by the participants at the meeting place. It's not that we don't know where we're going; it's just that there are so many great trails to ski. Sometimes there is more than 1 group.

Every week once skiing starts, the Saturday Skiers meet to ski the trails in Gatineau Park. If there is a Level 2 ski in the Ottawa Club's calendar, we'll be there. Otherwise, we'll make up something and go skiing. On a good day there will be 6 to 8 of us, but who you see will vary. Last year there were 28 people who skied with us, but we rarely had more than a dozen at a time. Typically the trail we ski will differ from week to week. Through the winter, we'll use most of the official access points. Lunch is at a cabin — wood stove on the go and smiles all around. Usually we're back in the city between 2 and 4 pm.

Participants can expect to do some climbing on outings rated level 2 or 3. We all fall once in a while, but that's part of the fun. Spandex and flash? No: you'll see us well covered in layers, gliding along on wax or waxless skis. More information? Contact me at stkelly@rogers.com or 613-422-1318.

* The name was changed from "Impromptu", to distinguish it from another activity.



Saturday Skiers use a mix of trail types. This one is an un-groomed or 'skier-tracked' example in a hardwood forest.

Members Corner

Tips: Review the contents of your pack (extra water, socks, first aid, spikes, a kitchen sink...)

Check for Trail updates and Maps

Remember the Trail text descriptions

Using this space?

Missed an E2E hike? Find a hiking partner for a make-up hike.

Want to buy/sell equipment?

Contact the Editor (page 4).



Canada 150 Challenge Update

Are you almost there? The last day for qualifying hikes is December 31, 2017. You could join all those who have earned their unique, once in a life time Canada 150 Badge. I have had lots of positive comments about what a wonderful idea this was to entice our membership to walk our great trail. Many non-members thanked us for letting them know about the Trail. Our website and social media promotion attracted numerous outsiders who completed the challenge and are now members.

So far more than 70 have earned their badge. We will list their names once the challenge is over. How far did you get? Part way there or you just finished in time, send your log to me. The deadline for claims (all hiked in 2017) is January 31, 2018. Even if you didn't finish the 150 km, we'd like to hear from you. As you hike the Trail in the future, watch for hikers sporting the RTA 150 Challenge badge, especially Blake and Tyler (page 21).

SHAREN YAWORSKI
sharenann@gmail.com

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2018 Tall Timbers Camp dates:

Camp 1	July 16 to 21
Camp 2	July 23 to 28
Camp 3	July 30 to August 4
Camp 4	August 6 to 11
Camp 5	August 13 to 18



Member Services

(Who gets your question?)

Whatever the question, just call the RTA for your club (page 4) 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 4. 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.

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
dawncarrick@sympatico.ca
Dawn Carrick, Ottawa Club
Secretary

CENTRAL CLUB ACTIVITIES - WINTER 2017-2018

WHAT TO BRING

Bring lunch, water and strong footwear. Be sure to carry your health card, ID, emergency phone numbers and if necessary, a list of your medications. 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 5).

NOT SURE?

The Hike Leader will thank you for your questions.

CARPOOLING AND FEES

Be at the meeting place at least 15 minutes before the stated departure time. The amount quoted for gas is a suggested voluntary contribution. Fees for parking and entry to parks and conservation areas are shared among the driver and passengers.

MEETING PLACE

Unless otherwise specified, meet at Conlon Farm in Perth. To reach Conlon Farm, take the main street (Gore) southeast through Perth to County Road 10 (Scotch Line), turn right towards Westport, then turn at the 4th street on the right (Conlon Drive) and proceed to the Conlon Farm parking area. GPS: 127 Smith Dr. K7H 0A3

E-LETTER

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

Wednesday Wanderers - These are shorter, leisurely hike/snowshoe outings for those who want a mid-week stretch. Details are sent out each Monday by email. Contact: **Margaret Lafrance** 613 466 0403 margaretafrance03@gmail.com

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.

Christmas Social and Dinner

Saturday, December 16 Please join us for our annual Christmas get together which will be at Gerbo's Restaurant, 11 Beckwith St., Smiths Falls. We'd love to see all members and friends whether you hike or not.

Activities Calendar

Sunday, December 3 Rideau Trail: Mackler/Ferrier Loop

Level 2, 10 km. 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 Conlon Farm 9 am. Leader: Brenda Ethier 613 267 6141 brendaethier6446@gmail.com

Thursday December 7 Westport Wassail * RSVP *

Level 1, 1.5 km Easy pace. 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 6:00 PM. Leaders: Gunhild Karius karuisv1@gmail.com and Bill Ottney 613 858 3183

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 9 am. 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, Dec. 16 Rideau Trail: Long Lake Rd. to Lally Homestead

Level 1, 6 km. Moderate pace. This short, pre-Christmas social hike/snowshoe is ideal for your holiday visitors to accompany you to explore one of the prettiest parts of the Rideau Trail and then join you for the social. This trip allows one final chance for you

(CENTRAL ACTIVITIES)

to gain your coveted 150 badge. Car shuttle, gas \$2 Depart Conlon Farm 9 am. Leader: Jack Tannett
jtannett@cogeco.ca 613 466 0417

Saturday, December 16 Christmas Social and Dinner

* Note: RSVP *

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



Saturday, January 6-Sunday, January 7 Winter End-to-End

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

Sunday, January 7 Sylvan and Point Trails, Murphys Point

Level 1, 9 km. Moderate pace. Snowshoe through the winter woods along the trails in a quiet corner of Murphys Point Park. Depart Conlon Farm 9:30 am. Gas \$2, Park fee. Leaders: Peder Krogh and Maida Murray 613 456 6085
pederkrogh5@gmail.com

Sunday, January 14 Mill of Kintail

Level 1, 6 km. Moderate pace. Snowshoe through woods and across fields in one of the Seven Wonders of Lanark County. Depart Conlon Farm 9:30 am. Gas \$4 Park fee. Leader: Tom Pearcey 613 284 1294
tompearcey7@gmail.com

Thursday, January 18 Hike Leaders Planning

* Note: Thursday afternoon *

Please come to Yvonne Kennedy's home at 2 pm. with ideas for the spring schedule. Contact Pat Batchelor for directions or if you are unable to make it. patbatchelor13@gmail.com 613 264 1559



Saturday, Jan. 20 and Sunday, Jan. 21 Winter End-to-End

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

Saturday, January 20 Trails near Balderson

Level 1, 5-6 km. Moderate pace. Explore this peaceful and scenic area.

Perhaps there will be otters playing on the ice. Depart Conlon Farm 9:30 am. Gas \$2 Leaders: Peder Krogh and Maida Murray pederkrogh5@gmail.com 613 456 6085

Sunday, January 28 Rideau Trail: Ferrier Rd. to Conlon Farm

Level 1, 6 km. Moderate pace. Snowshoe through the woods before walking down a country road and then into the woods again. Depart Conlon Farm 9:30 am. Gas \$2 Car shuttle Leader: Brenda Ethier 613 464 8746
brendaethier6446@gmail.com



Friday, February 2 (night hike) Winter End-to-End



Saturday, Feb. 3 and Sunday, Feb. 4 Winter End-to-End

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

Sunday, February 4 Blueberry Mountain

Level 2, 5-8 km. Moderate pace. Challenge yourself to reach the top of Blueberry Mountain on snowshoes. One of the Seven Wonders of Lanark County. Spectacular views from the summit are well worth the climb. Gas \$6 Donations to the Madawaska Land Trust are encouraged. Depart Conlon Farm 9:30 am Leader: David Allcock 613 706 3562
daveonottylake@gmail.com

Sunday, February 11 Rideau Trail: Rathwell Rd. to Conlon Farm

Level 1, 5 km. Moderate pace. Enjoy snowshoeing across fields and then follow the Trail through town. Possible refreshment stop. Gas \$2 Car shuttle. Depart Conlon Farm 9:30 am. Leader: Anna Cornel 613 267 6126
annamcornel27@gmail.com



Saturday, Feb. 17 and Sunday, Feb. 18 Winter End-to-End

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

Saturday, February 17 Balderson Trails

Level 2, 5 km. Moderate pace. Enjoy a ski or snowshoe through peaceful winter countryside. Gas \$2 Depart Conlon Farm 9:30 am. Leader: Yvonne Kennedy yvnkennedy@gmail.com 613 267 9817

Saturday, February 24 Mill Pond Conservation Area

Level 2, 6 km. Moderate pace. Enjoy the looping trails in this lovely conservation area with views over the frozen lake. Gas \$3 Depart Conlon Farm 9:30 am. Leader: Janet Conboy 613 326 1438
janeyboy@gmail.com

Rideau Trail Closed

Tuesday, March 13, 2018
Please stay off the Trail this day.

Saturday, March 3 XC Ski Murphys Point

Level 2, 10 km. Moderate pace. Ski the Loppet trail as it winds through the park. Gas \$2 Park fee Depart Conlon Farm 9:30 am. Leader: Nancy Gaudreau ndgaud@gmail.com 613 390 9532

Sunday, March 4 Rideau Trail: Narrows Lock to Miners Pt. Rd.

Level 2, 10 km. Moderate pace. Snowshoe/hike along the Trail overlooking Big Rideau Lake. Gas \$3 Car shuttle Depart Conlon Farm 9:30 am. Leader: David Batchelor dlhbatchelor@gmail.com 613 264 1559

Sunday, March 11 Tetsmine Loop, Frontenac Park

* Note: 9 am departure *

Level 2, 12 km. Moderate pace. Enjoy this familiar trail in a winter setting. Snowshoes or icers required. Gas \$5 Depart Conlon Farm 9:00 am. Leaders: Howard & Mary Robinson, hmrob@storm.ca 613 256 0817

Sunday, March 18 Wheeler's Sugar Bush

* Note: RSVP *

Level 1, 6-8 km. Moderate pace. Snowshoe/hike around the trails at Wheelers where the maple syrup production may be in full swing. Stay for pancakes afterwards. Please let the leaders know you are coming so we can reserve a place at the table. Gas \$4 Depart Conlon Farm 9:30 am Leaders: Pat & Bert Stranberg pbstranberg@cogeco.ca 613 283 8735

(CENTRAL ACTIVITIES)

Saturday, March 24 Trans Canada Trail

Level 1, 10 km. Moderate pace.
Ski or hike from Wemyss to
Maberley Station along this old rail
trail. Gas \$3 Car shuttle Depart
Conlon Farm 9:30 am. Leader: Gill
Hyland 613 267 5756
ghyland2@cogeco.ca



DID YOU RENEW FOR TWO YEARS
LAST TIME? SEE EXPIRING,
PAGE 13.



Welcome New Members

Central Club

Monica Dando
Alfred Von Mirbach
Cheryl O'Connor

Kingston Club

Susan K Aubin
Chadi Badour
N Henry Clarke
Liyang Cheng & Andy
Curtis
Anne L Henderson
Elizabeth Hundevad
Brenda Kearns
Linda & Alan McNabb
Brenda Gluska & Barry
Monaghan
Abdullah Mostamandi
Donna Murphy
Sharon O'Connor
Elizabeth Rappeport
Melanie & Graham Turner
Glenn Green & Carol
Vandenengel
Linda & Doug Woods
Frances Wright

Non-Affiliated

Pam King
Adrienne Hawkes & Mark
Hill
Mary Sexton
Maria Versace
Nils Stockinger
Elizabeth Laustroer
India Opzoomer
Michelle Cassibo

Ottawa Club

Cathy Armstrong
David & Ann Anderson
Josée Arbour
Sue Babcock
Christian Blanchard
Lynne Burns
Trish & Robert Cochrane
Deborah Fleck
Lori Gaffney
Heather Harrison
Cassandra Hendry
Anna Jasiak
Gottfried Keller
Maureen Kennedy

Megan Kelly
Charmaine Kofler
Jaime Lefebvre
David Matheson
Nadia Mayer
Monica McAuley
Tanya McGahey
Tina Moores
Margaret H & Christopher
J Nelson
Jennifer Payne & David
Odumodu
Marie Palmer
Chantal Pepin
Paul Prépas
Roger Reens
Willi & Doug Tice
Renu Varma
Maria Yousaf
Tom Zinck

Mabel Bennett and her late husband Bob will be remembered by long-time members. They were active in the Ottawa Club for many years. Mabel passed away in Calgary in September. She was 93.

Thank You, Landowners

Where the Rideau Trail crosses privately owned land, it does so with the landowner's permission. Sometimes enthusiasm drives their support, as they enjoy the landscape and want to help others to have the same opportunity.

Here's an example. Last summer a group of end-to-enders were working on their Challenge badges. It was a hot summer afternoon, with a good stretch of road walking remaining. A car slowed down and the driver stopped to chat for a few minutes. A little while after he left, he was back. He got out and offered a refreshing break, with cool water and ice. What a nice gesture!

Those hikers and others with similar experiences are grateful for all the support provided by the landowners.

Note: please respect the one-day
Trail closure in March.

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NORTHERN LIGHTS NORWAY

February 14 to 24, 2018

A full itinerary of adventure like cross-country skiing, dog-sledding & snowmobiling plus Mother Nature's lightshow - the Aurora Borealis (the Northern Lights). Home base is Tromsø - one of the best places in the world to see the NORTHERN LIGHTS!

Also visit the capital, Oslo for some cultural exploration.

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.)

CANADIAN MARITIMES ROAD TRIP

June 21 to July 3, 2018

Hike & kayak the world's highest tides at the Hopewell Rocks in New Brunswick; meet Anne of Green Gables and build sandcastles in Prince Edward Island; celebrate Canada Day in Halifax, Nova Scotia. 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.

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.

TICO # 50018498

Recent Donations

Brenda Cavers
Gail Clement
James Coburn
Heather Harrison
David James
Lorna Kettles
Dr. Terry L Kinnear
David Matheson
Nadia Mayer
Paul & Sandra Muis
Susan Murphy-in memory of
John Rogers
Elinor Ratcliffe C.M., O.N.L., LLD(hc)
Philip E Shea
Hendrik Sire
Nils Stockinger

Donations in Memory of John Cornish

David Allcock
Elizabeth Austin
Nigel Brereton
Elizabeth Choros
Margaret Courchene
William Denison
Morah Fenning
Brian Gallagher
Denise Hall
Douglas Hayes
Mary Heintz
Jolene Hopwood
Robert Hough
Karen Jackson
Sandra Jeffers
Barbara E Jenkins
Edward Jezak
Bruce Kappel
Gunhild Karius
Steve Kelly
Judith Kinghorn
Stephen Knechtel
John Lazarus
Sandra M Lopes
Elaine Lowen
Bill & Brenda Lussier
Leeann and Dave MacPherson
George Matheson
Jane McGrattan
David Mondoux
Sara Montgomery
Jane Moore
Peter M Murray
William Ottney
Joyce Petterson
Eleanor Porteous
Hugh & Shirley Pratt
Alec Turner
Eleanor Van Niedeck (Queen's U)
Marie Warner
Ray Wilson

Expiring

When does YOUR membership expire?

Printed Newsletter: address label, on the back cover

E-Letter (monthly): expiry statement on the last page

Membership Application

*** Help Preserve the Legacy! ***		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.	
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.		() 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.	
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)	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): _____		

Wet and Wild on the Trail

BY DAVE AUDETTE

At the RTA Annual General Meeting in Perth, a slide was shown of the RTA 150 Challenge badge. It was very appealing and immediately got me thinking of earning one. How hard could it be to hike 150 km on the Rideau Trail?

Thursday is a free day for me so I advertised Challenge Hikes for each Thursday starting in mid-May. Since I live in Ottawa and had already hiked the local portions of the Trail, we started north of Richmond.

On the very first hike, after ignoring warnings about a flooded trail section we quickly found ourselves wading through ridiculously long stretches of water that went over our boots. Having learned from that experience, we tried hiking further south, from Merrickville. This went quite well until after Port Elmsley.

There, we encountered thick grass and reeds that were over my head. The wet spring had caused vegetation to grow to unusual heights. Near the end of all that, we met the Central Club trail maintainer heroically cutting through the tall grass. Much later I managed to load the trail on my phone (Google Maps). That made navigation much easier. (Details on the RTA website).

As the weekly hikes went on, we were increasing our distance each outing, often doing 25 km. Why not go for the Summer End-to-End badges too? Our toughest day was a 28 km hike that started at Rock Lake and went down the Cataraqui trail and through Frontenac Provincial



Park. We had heard the area had been hit by a rainstorm just before. We were to learn the hard way just how big it was. As soon as we got on the Cataraqui trail, we met a man who informed us that it was flooded over our knees for two kilometres. Figuring he was exaggerating, we continued and soon we reached the flooded section. He was right. It was often over our boots. When you have driven all the way from Ottawa and completed a 35 minute car shuttle, you do not turn back.

In Frontenac Provincial Park, we reached a bridge that had been partially swept away by the torrential rainstorm. The bridge was suspended in the air atop several trees that had been swept down the creek. Because it was sitting at a steep angle, we could not walk

(CONTINUED ON PAGE 17)



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KINGSTON CLUB ACTIVITIES - WINTER 2017-2018

WHAT TO BRING

Bring lunch, water, 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 5).

NOT SURE?

The Hike Leader will thank you for your questions.

CARPPOOLING AND FEES

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

MEETING PLACE

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

INFO FOR LEADERS

Blank activity sign-up/liability waiver sheets can be obtained online or from the Club's Activity Coordinator. After the event, please send them to the Coordinator: **Lorna Deyo** 613-536-5567 lornadeyo@yahoo.ca 148 Stephen St. Kingston ON K7K 2C7

E-LETTER

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

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 December 2 First Saturday Winter Hike

Level 1, easy pace, 5-10 km. Enjoy a nice local winter walk with Sharen. Location and details dependent upon the weather and group. Indoor coffee or lunch break. Depart Canadian Tire at 10 am. Leader: Sharen Yaworski 613 449 2808 sharenann@gmail.com

Sunday December 3 Evening MoonWalk

Level 1, easy pace, about 4 km. Join in an evening walk to enjoy the ambiance of the bright and romantic December moon. Bring flashlight. Meet at the Pavilion at Lake Ontario Park at 7 pm. and walk to Portsmouth Village. In case of inclement weather, please call leader to confirm outing. Leader: Audrey Sanger 613 613 6244

Thursday Dec. 7 Walkabout Westport Wassail

* Note: RSVP *

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 your provided carol sheets. Depart from Kingston at 5 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 kariusv1@gmail.com or Bill Ottney 613 858 3183

Sat Dec 9, Gould Lake Conservation Area

Level 3, moderate to fast pace, 13 km. Hike north on the Mine Loop trail to Point Spur, then bushwhack along some dry ridges skirting a large, lively marsh. Connect with the Rideau Trail and head north along the shoreline to complete the rugged RidgeWalk loop. Depart CT at 8:30. Gas \$3 plus park fee. RT map #4. Leaders: Lynn Esau 343 363 0384 esaulynn@gmail.com and Miu Lam 613 544 6201 ymiu.lam@gmail.com

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**

* Note: RSVP *

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 pm. Place: Queen's Women's Association, 144 Albert Street. RSVP: Linda Line: 613 531 4353

**Sunday December 17
Half Day Winter Stroll**

Level 1, easy pace, up to 5 km. Walk to be followed by optional lunch/coffee stop. Meet at former Trailhead parking north off King Street West at Marshlands Conservation Area to depart at 10 am. Depending on weather, route will be north through sheltered woodland or east through Lake Ontario Park. Leader: Bob Chadwick, 613 544 9222 or 613 767 7049

 **Saturday, January 6-Sunday,
January 7 Winter End-to-End**

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

**Saturday January 6
First Saturday Winter Hike**

Level 1, easy pace, 5-10 km. Enjoy a nice local winter walk with Sharen. Location and details dependent upon the weather and group. Depart Canadian Tire at 10 am. Indoor coffee or lunch break. Leader: Sharen Yaworski 613 449 2808 sharenann@gmail.com

**Saturday January 13 Lemoine Point
Hike/Ski/Snowshoe**

Level 1, easy pace, 6 km. Join Elgin for a winter outing followed by optional refreshments/lunch. Bring some bird seed to enjoy the chickadees. Meet at South Parking Lot (off Coverdale) for 9:30 am start. Leader: Elgin Bock 613 389 4216

Sunday January 14 Walk the K&P

Level 1, moderate pace, ~10 km. Come join Audrey for a new year outing on the old rail line near Kingston. Depart CT at 10 am. Call Leader for more details and to confirm your participation. Gas \$tbd. Leader: Audrey Sanger 613 384 6244



**Saturday, Jan. 20; Sunday,
Jan. 21 Winter End-to-End**

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

**Saturday January 20 Frontenac
Park Doe Lake and Arab Gorge**

Level 2, moderate pace, 4 km. Here is your chance to try snowshoes on these beautiful Frontenac Park Trails. Optional second outing on Corridor Trail after lunch at the Trail Centre. Depart CT at 9:30 am. Gas \$4 plus share of Park fee. Leader: Peter Burbidge 613 634 1877

**Saturday January 27 Lemoine
Point Ski, Walk, or Snowshoe.**

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

**Wednesday January 31
Evening MoonWalk**

Level 1, easy pace, about 4 km. Join in a evening walk to enjoy the ambiance of the bright and romantic winter moon. Meet at the Pavilion at Lake Ontario Park at 7 pm. and walk to Portsmouth Village. Bring flashlight. In case of inclement weather, please call leader to confirm outing. Leader: Audrey Sanger 613 384 6244



**Friday, February 2 (night hike)
Winter End-to-End**



**Saturday, Feb. 3 and Sunday,
Feb. 4 Winter End-to-End**

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

**Saturday February 3
First Saturday Winter Hike**

Level 1, easy pace, 5-10 km. Enjoy a nice local winter walk. Location and details dependent upon the weather and group. Depart Canadian Tire at 10 am. Indoor coffee or lunch break. Leader: Sharen Yaworski 613 449 2808 sharenann@gmail.com

**Sunday February 4
Half Day Winter Stroll**

Level 1, easy pace, up to 5 km. Meet at former Trailhead parking north off King Street West at Marshlands

Conservation Area to depart at 10 am. Route dependent on the weather. Optional lunch/coffee afterwards. Leader: Bob Chadwick, 613 544 9222 or 613 767 7049

**Saturday February 10 Frontenac
Park Salmon Lake Road**

Level 2, easy pace, ~8 km. Enjoy a ski or snowshoe out to Big Salmon Lake Landing for lunch and return for Hot Chocolate at the Trail Centre. Check out the animal tracks. Depart CT at 9:30 am. Gas \$4 plus park fee. Please call leader for information and to confirm your participation. Leader: Elgin Bock 613 389 4216

**Sunday February 11
Lemoine Point Walk**

Level 1, moderate pace, ~8 km. Come join Audrey for local outing at the Lemoine Point Conservation Area looking for ice art along the winter shores of Lake Ontario. Depart CT at 10 am. Call Leader for more details and to confirm your participation. Gas \$2. Leader: Audrey Sanger 613 384 6244



**Saturday, Feb. 17 and Sunday,
Feb. 18 Winter End-to-End**

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

**Saturday February 17 Little
Cataragui Conservation Area**

Level 1, moderate pace, 10 km. Ski on trail or snowshoe/walk beside trail. Wildlife in the trees. Lunch in a warm building. Enjoy the outdoors, fresh air and friends, old and new. Depart at 10 am. Gas \$2 plus Park fee. Leader Stan Huff 613 548 3003.

Rideau Trail Closed

Tuesday, March 13, 2018
Please stay off the Trail this day.

**Saturday February 24
Half Day Winter Stroll**

Level 1, easy pace, up to 5 km. Meet at former Trailhead parking north off King Street West at Marshlands Conservation Area to depart at 1:30 pm. Route dependent on the weather. Optional lunch/coffee afterwards. Leader: Bob Chadwick, 613 544 9222 or 613 767 7049

(WET AND WILD FROM PAGE 14)

across it. We had get onto it and climb across on the outside of the railing. (See back cover.)

Because we encountered these obstacles, the hike took much longer than planned. It was a hot day and people started running out of water. Eventually we reach the car on the south side of Frontenac, facing a long car shuttle and drive home. Total time: left home at 07:30 AM, got home 10:30 PM and still had not had supper.

The hikes were taking a toll on my boots. After each hike, my boots were soaked and took five days to dry out. The swamp smell was so bad I thought I would have to throw them out, even though they are only two years old. Ample doses of extra strength Febreze did the trick though.

After that day, everything seemed much easier and I am proud to say that on October 25 I completed my summer end-to-end. My recommendations to anyone wanting to complete the summer end-to-end would be to load the Rideau Trail maps onto a smartphone, and save the wetter sections for late in the summer to minimize wet boots, and bugs.



Ottawa Club leader Dave Audette proves the point that even experienced hikers learn something, each time out.

NIELS RASMUSSEN PHOTO

(KINGSTON ACTIVITIES FROM PAGE 16)

Saturday March 3

First Saturday Winter Hike

Level 1, easy pace, 5-10 km. Enjoy a nice local winter walk. Location and details dependent upon the weather and group. Depart Canadian Tire at 10 am. Indoor coffee or lunch break. Leader: Sharen Yaworski 613 449 2808 sharenann@gmail.com

Saturday March 10 Cataraqui Conservation Area

Level 2, moderate pace, ~10 km. Come join Audrey for a March Break local outing checking out the spring peepers. Call Leader for more details and to confirm your participation. Depart CT at 10 am. Gas \$2. plus Park fee. Leader: Audrey Sanger 613 384 6244

Kingston Club
ANNUAL GENERAL
MEETING

Saturday, April 28, 2018
Gananoque Curling Club



Exciting Addition to the Rideau Trail

K&P Blue Loop in Kingston

BY DON COULTER

The City of Kingston officially opened the Urban Section of the Kingston and Pembroke Railway (K&P) Trail on June 10, 2017. The City has given the Rideau Trail Association permission to designate and mark this 9.9 km section as a blue "loop". (See Douglas, page 2.)

In Kingston, the Rideau Trail follows the Waterfront Pathway west from City Hall, until it turns north near Lake Ontario Park. Where it reaches the already-established K&P Trail at Sydenham Rd., the Rideau Trail then follows the K&P and leaves Kingston.

The new K&P Blue Trail goes north from City Hall, following the Pathway until it turns to the west near Emma Martin Park. From there, the RT Blue Trail approximates the original K&P route as far as Sydenham Road near Hwy 401, where it meets the main Rideau Trail. (See back cover.)

This means that Kingston now has 24.9 km of trail that completely surrounds the City core (see the RT Map 01, revision June 2017, thanks to John Haley and Chris Heap).

This walking trail is probably unique for any city of Kingston's size in Canada. Approximately 17 km of the circumnavigation trail in the City is accessible to wheelchairs.

<https://www.cityofkingston.ca/documents/10180/23985/Waterfront+Pathway+Brochure/>

Hiking on Snow: YES, You Can!

BY ANN BOLSTER (REPRINTED FROM WINTER 2011)

Were you hibernating last December, bemoaning the lack of enough snow for cross-country skiing or snowshoeing? Well, there was an alternative that you should try during such transition periods. Hiking! With traction devices (ice claws, icers, crampons) on your boots, you can walk efficiently on packed snow or ice, up and down the most slippery of hills, with total confidence. In small amounts of fresh snow, traction-aided hiking takes less energy than snowshoeing – and is much quieter.

There are other brands available, but I bought Kahtoola Microspikes (See back cover). The bottom of these devices looks a bit like heavy-duty YakTrax with added steel crampons. The stretchy rubbery harness takes some tugging, but you want it to fit snugly. The devices are lightweight and go into my pack for every outing from late fall to early spring – within a

bag and in a separate pocket so that they don't stab anything.

An unexpected bonus for me of these antislip devices is a huge reduction in knee stress during descents, especially when bushwhacking. Coming down a hill is a fabulous experience instead of a muscle-tensing, painful trial: the soft footfalls into cloud-like snow, sometimes with an intentional slow-motion slide, take me back to childhood. Remember running down hills through fresh snow, not caring if you fell? That's how good you feel with spikes on your feet.

Author's update: The less sturdy devices from drugstores may not stand up to our type of hiking, especially off trail. As a hike leader I can attest to breakage happening to others wearing that sort of device.

Ottawa Club Activities - Winter 2017-2018

WHAT TO BRING

Bring lunch, water, spare hat, mitts, socks, sunscreen and strong footwear. Come prepared for weather changes. Many events are 'rain or shine'.

NOTE

Hiking boots are recommended for hikes 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 5).

NOT SURE?

The Hike Leader will thank you for your questions. For general information about the Ottawa Club call 613-860-2225.

EMERGENCY IN GREENBELT OR GATINEAU PARK?

Is it a life threatening emergency? Call 911! As a second step or for any other emergency, call 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: dg.audette@sympatico.ca

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

E-LETTER

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

Regular Activities

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

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

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

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

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



Winter Outings

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

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

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

ACTIVITIES CALENDAR - OTTAWA

Saturday, December 2 Lime Kiln Blue Loop, Greenbelt

Level 2, about 9 km (3½ hr) 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 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 jrgauth@teksavvy.com

Saturday, December 2 Mountain Road to Relais Plein Air via Pink Lk

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 jrgauth@teksavvy.com

Tuesday, December 12 Christmas Lights Walk

Enjoy the Festive Season together! Meet at inside door of Library and Archives Canada, 395 Wellington Street, Ottawa, at 6 pm. (There is 3-hour parking on west side of the building.) After the walk, the group will head to a pub for dinner and/or some Christmas cheer. Contact: Maureen Dawson, 613-226-3864 Maureen.Dawson@rogers.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 Gatineau Park, Trails 65 and 66

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, 613-422-3997 jrgauth@teksavvy.com

Saturday, December 30 Mud Lake, Ottawa

* Note: Meeting details *

Level 1 snowshoe or hike with crampons on flat terrain around scenic Mud Lake, 6 km, about 2½ hours. Dress warmly if there is wind. Bring a snack to eat while enjoying the view of the Ottawa River and the Deschenes Rapids. Meet at 10 am at the Ron Kolbus Lakeside Centre (bus #16). Leader: Jean Gauthier, 613-422-3997 jrgauth@teksavvy.com

WINTER SCENERY: DAZZLING FRESH SNOW, WINTER VISTAS, FROZEN PONDS AND WATERFALLS.

WINTER WONDERLAND

IS OUR THEME, AS WE SKI OR HIKE/SNOWSHOE ON THE TRAILS AND NON-TRAILS. COME AND JOIN US!



Saturday, January 6, Sunday, January 7 Winter End-to-End

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

Saturday, January 6 Snowshoe Clinic, Gatineau Park

Beginners clinic of about 2 hours for those trying out snowshoes for the first time or just wanting a short first outing on hilly terrain. We will practise gait, going uphill and downhill, sometimes steeply, and breaking trail. The clinic will start at the Old Chelsea Visitors Centre, where rentals are available. We may have some loaners, so contact the leaders if you don't have a pair. Bring hiking poles with snow baskets if you have them. Be sure to wear layers that are easily removed or vented when you start to get too warm, and bring a hot beverage in a thermos and/or water to keep hydrated, plus a snack. Meet at Tunney's Pasture, at 9:15 am. Gas \$3. Note: The clinic will

be postponed if there is not enough snow or if it's icy; confirm with leaders: Ann Bolster ann_bolster@hotmail.com 613-828-5131 and Grace Hyam dr003@ncf.ca 613-829-7252

Saturday, January 6 Snowshoe Bell Arena Greenbelt Trails

* Note: Meeting time *

Level 1, 6 to 8 km. Snowshoe from P13 along NCC trails 28 and 27 in Bells Corners. Mostly forested terrain; relatively flat with some minor hills. Bring snack, water and snowshoes. Depart from Baseline Park & Ride at 12:30 pm. Gas \$2. Leader: Marilyn Schwartz, 613-828-4488 marilyn_sch1970@yahoo.ca

Saturday, January 6 Level 3 Exploratory Snowshoe

Please check the weekly e-letter for details. Area and destination will be determined by conditions. These outings will typically last about 5 hours and be largely off-trail. Meet at Tunney's Pasture for a prompt 9:30 departure. Contact: Tom Cole 2017tomc@gmail.com

Sunday January 7 Snowshoe Mer Bleue Sector

* Note: Meeting time *

Level 1 Snowshoe about 6 km at a moderate pace. From P20, we will explore Trail 51 and the Nut Tree Trail. Meet at Tunney's Pasture at 1 pm. Gas \$3. Leader: Kathryn Fournier. lou_daybreak@hotmail.com

Saturday, January 13 Gatineau Park Snowshoe, Renaud Cabin

Level 2, about 8 km. Snowshoe or hike. From P19, take trails 74 and 73 to Renaud Cabin. Lunch here, then continue on trail 73 along the lakeshore back to the cars. Bring snowshoes or microspikes, depending on the conditions. If there is no snow, the route will be revised. Bring water and lunch. Meet at Tunney's Pasture at 9:15 am for 9:30 departure. Gas \$5. Leader: Grace Hyam, dr003@ncf.ca 613-829-7252

Saturday, January 13 Gatineau Park, Ski to Healey Cabin

Level 2, 20 km from P19 on trail 50 to Healey cabin for lunch and back. Bring water and lunch. Depart Tunney's Pasture at 9:30 am. Gas \$5. Leader: Dave Audette, 613-601-2833
dg.audette@sympatico.ca

Saturday, January 13 Level 3 Exploratory Snowshoe

Please check the weekly e-letter for details. Area and destination will be determined by conditions. These outings will typically last about 5 hours and be largely off-trail. Meet at Tunney's Pasture for a prompt 9:30 departure. Contact: Ann Lane, e.ann.lane@gmail.com

Thursday, January 18 Activity Leader's Potluck Meeting

Our theme for the Spring 2018 activities is FAVOURITE VIEWPOINTS. Please join your fellow activity leaders for an evening to socialize, share ideas, put together your hikes for the season. Also we will have a discussion on how to get more people out hiking. What hike ideas have worked well so far, and what things should we avoid? Potluck hot, cold or dessert dish of any type. RSVP to Ann Lane e.ann.lane@gmail.com

 Saturday, January 20, Sunday, January 21 Winter End to End

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

Saturday, January 20 Snowshoe South March Highlands, Kanata

* Note: Meeting time *

Level 1, about 6 km, easy pace. Slightly hilly in parts. In 2012, the South March Highlands Conservation Forest won the National People's Choice Award for Public Spaces. Optional coffee stop afterwards. Depart at 12:30 pm from Baseline Park & Ride. Gas \$3. Leader: Ethel Archard, 613-592-7733
ethel.archard@sympatico.ca

Saturday, January 20 Level 3 Exploratory Snowshoe

Please check the weekly e-letter for details. Area and destination will be determined by conditions. These outings will typically last about 5 hours and be largely off-trail. Meet at Tunney's Pasture for a prompt 9:30 departure.

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

Sunday, January 21 Snowshoe Pine Grove Sector

* Note: Meeting time *

Level 1 Snowshoe about 6 km. at a moderate pace. From P18, we will explore parts of Trails 43, 44 and 45. Meet at Tunney's at 1 pm. Gas \$3. Leader: Kathryn Fournier .
lou_daybreak@hotmail.com

Membership Renewal
It's that time of year. Save \$5 by opting for two years.

Sunday, January 21 Gatineau Park, Snowshoe Hollow Glen

Level 2, 8 to 9 km on trails with some climbing as well as bushwhacking to avoid the ski trails. Lunch at a cabin. Meet at Tunney's by 9:15 am for a 9:30 departure. Gas \$3. Leader: Denise Hall, 613-843-8222
rebeccahall@rogers.com

Saturday, January 27 Snowshoe in Marlborough Forest

* Note: Meeting time *

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

Saturday, January 27 Gatineau Park, XC Ski

Level 2, 10 to 14 km of scenery-some challenges on groomed and un-groomed trails from P12. Indoor lunch. Meet at Tunney's Pasture to leave at 9:30 am. Gas \$3. Leader: Steve Kelly, stkelly@rogers.com
613-422-1318

Saturday, January 27 Level 3 Exploratory Snowshoe

Please check the weekly e-letter for details. Area and destination will be determined by conditions. These outings will typically last about 5 hours and be largely off-trail. Meet at Tunney's Pasture for a prompt 9:30 departure. Contact: Ann Lane, e.ann.lane@gmail.com



Friday, February 2 (night hike) Winter End-to-End



Saturday, Feb. 3 and Sunday, Feb. 4 Winter End-to-End

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

Saturday, February 3 Gatineau Park XC Ski

* Note: Meeting time *

Level 2. On groomed and un-groomed trails that can be skied at this time of the winter, hopefully from P7. Meet at Tunney's Pasture for a 10 am departure. Bring a lunch. Gas \$3. Leader: Elizabeth Mason, 613-729-6596

Saturday, February 3 Western Gatineau Park Snowshoe Lookouts

Level 2, about 8 km. This scenic snowshoe hike from the Eardley-Masham Road offers peaceful forest and lakes as well as gorgeous views from high points (including those around Monument) but with less than 200 m total ascent. Expect trail-breaking. Outdoor lunch. Meet at Tunney's Pasture at 9:15 am. Gas \$5. Leader: Ann Bolster, 613-828-5131
ann_bolster@hotmail.com

Saturday, February 3 Level 3 Exploratory Snowshoe

Please check the weekly e-letter for details. Area and destination will be determined by conditions. These outings will typically last about 5 hours and be largely off-trail. Meet at Tunney's Pasture for 9:30 departure. Contact: Paul Jean, pj@walkingalong.com

Sunday, February 4 Snowshoe Mer Bleue Sector

* Note: Meeting time *

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

Saturday, February 10 Snowshoe Gatineau Park, Church Hill

* Note: Meeting time *

Level 2, about 6 km and 4 h at a leisurely pace from the Eardley-Masham Road. Snowshoe or hike in a remote part of the Park with several spectacular lookouts of the Ottawa

River Valley. Expect some trail breaking and elevation gain. Wear good boots and snowshoes or spikes depending on the conditions. Outdoor lunch. Depart Tunney's Pasture at 9 am. Gas \$5. Leader: Jean Gauthier, 613-422-3997 jrrgauth@teksawy.com

Saturday, February 10 Level 3 Exploratory Snowshoe

Please check the weekly e-letter for details. Area and destination will be determined by conditions. These outings will typically last about 5 hours and be largely off-trail. Meet at Tunney's Pasture for a prompt 9:30 departure. Contact: Ann Lane, e.ann.lane@gmail.com

Saturday, February 17, Sunday, February 18 Winter End to End

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

Saturday, February 17 Level 3 Exploratory Snowshoe

Please check the weekly e-notice for details. Area and destination will be

determined by conditions. These outings will typically last about 5 hours and be largely off-trail. Meet at Tunney's Pasture for a prompt 9:30 departure. Contact: Paul Jean, pj@walkingalong.com

Rideau Trail Closed
Tuesday, March 13, 2018
Please stay off the Trail this day.

Saturday, February 17 Gatineau Park, XC Ski

Level 3 (because it's backcountry). See some "Wonderland" off the beaten track on Loppet Saturday. Gaiters, poles with snow baskets, and experience with BC/ungroomed trails (21, 22, etc.) required. Outdoor lunch. Gas \$3. Information: Steve Kelly, stkelly@rogers.com 613-422-1318

Sunday, February 18 Gatineau Park, Snowshoe to Pink Lake,

Level 2 snowshoe from Rue Marie-Burger to Pink Lake and return.

Outdoor lunch. Meet at Tunney's Pasture for a 9:30 departure. Leader: Ann Lane, e.ann.lane@gmail.com

Saturday, February 24 Marlborough Forest Snowshoe

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

Saturday, February 24 Level 3 Exploratory Snowshoe

Please check the weekly e-notice for details. These outings will typically last about 5 hours and be largely off-trail. Meet at Tunney's Pasture for a prompt 9:30 departure. Contact: Ann Lane, e.ann.lane@gmail.com

Saturday, March 3 Carp Ridge Snowshoe

Level 2. About 8 to 10 km off the Thomas A. Dolan Parkway. We will snowshoe around and over a number of picturesque ponds. Depart from the

First Badge for Blake and Tyler

BY LYNN ESAU

Never one to turn down a pretty badge, I finished the RTA's Canada 150 Challenge with some friends in early June. During a visit in July, my two little grandsons, Blake, who had just turned 6, and Tyler, 4, spotted the colourful 150 Challenge badge on my backpack and asked if they could have one for their own packs. "There's only one way to make that happen," I said, and explained the rules. Without hesitation and with much jumping up and down, they were in.

From July to October, whenever they and their dad, Max, visited me in Kingston, we'd pack up a lunch and our gear, then head out together to hike a small section of the Rideau Trail. Because we were accumulating the 150 km as a family, between their visits I logged many kilometres alone on my favourite stretches of trail. All summer and into fall, our 150 Challenge outings were a highlight of their visits. On our final hike together on a balmy, sunshiny day in late

October, we saw deer, a black rat snake and battalions of busy chipmunks. When we were finished that day, they didn't want to leave the woods.

Although Blake and Tyler hiked only a fraction of the 150 km themselves, they were increasingly enthusiastic with each outing, asking endless questions and learning many new facts and skills. Without our prompting, they seemed naturally inclined to take on the role of protectors of the woodland plants and animals. (I was told for example, and reminded several times, to be careful not to step on the millipedes in the trail's leaf litter.) Most importantly, by the end it was clear the kids were beginning to understand and appreciate the complex simplicity of the forest, and how it unfurls the imagination, quiets the mind and brings peace.

Already they're eyeing the Frontenac Challenge badge for next year.

(NANA) LYNN IS TREASURER OF
THE KINGSTON CLUB



The Frontenac Challenge 2017

BY JOHN HALEY

I completed the Frontenac Challenge in its second year, in 1994, and again in 2001. I decided that it would be good to complete it again in 2017, its twenty-fifth, year. But could I still do it?

There was only one way to find out, so on September 1, the first day of the two-month-long Challenge, Johanne and I drove to Kingsford Dam at the north edge of Frontenac Park and hiked the Tetsmine and Gibson Lake Loops, 20 km (distances are approximate daily totals). We continued to the Park Office, registered for the Challenge, and continued to a motel in Kingston. 'Only' another 9 loops to go. The next morning we returned to the Park for a Kingston Club hike of the Big Salmon Lake Loop (17 km), then returned to Ottawa as the ongoing weather forecast was poor.

The following weekend promised to be the start of many days of excellent weather, so we booked our motel for three nights, and drove the two hours to the Park office on the Saturday morning. We hiked the Little Salmon, Little Clear, and Hemlock Lake Loops: 23 km, but it felt like more. One of the features of the Challenge is that where a single trail is part of two Loops, you hike it twice. On the Sunday we hiked the Cedar and Doe Lake Loops and the Corridor Trail between them, about 20 km.

Our Monday hike was the Slide Lake Loop, in our case accessed by hiking the Dedication Trail in both

directions. This Trail is named in honour of countless hours of work by volunteers in the Park. The Rideau Trail shares sections of the Corridor Trail, Cedar and Slide Lake loops. Our day's hike was about 27 km, including some of the most rugged, and beautiful, trails in the Park. We finished at 6:40 pm, glad to have this most difficult hike done.

Tuesday was our final day. After checking out from our motel and returning to the Park, we hiked the short Arab Lake Gorge Loop, then the Arkon Lake Loop, about 13 km. At the Park Office, we handed in our completed Challenge results, the fifth and sixth persons to do so this year. We updated our snake sightings (one Black Ratsnake, two Smooth Green Snakes in different locations), expressed our thanks to the Park staff for all that they do, and headed home with an ice-cream stop in Westport.

Yes, I could still do it, and in six days, the same as each time before. As I hiked this time, I was reminded of many other trips that I have had in Frontenac Park, including a hike there when I first became a hike leader for the RTA. I've had day hikes and backpacking excursions both solo and in various groups, and I appreciated how much I have learned as a result of those trips. This reminded me that the Frontenac Challenge is only partly about a hiking achievement. It is much more about getting out into, and hiking in an environment that is rich in nature, local history, and beauty.

The Kingston Club of the RTA is fortunate to be quite close to Frontenac Park and its neighbour, the Gould Lake Conservation Area. The Central Club is not a great distance farther away. The driving distance for Ottawa Club members is significant, and it seems that we rarely go there. In my view these areas more than justify the challenge and time of getting there. Especially for Ottawa Club members who have not yet hiked there, I encourage you to go there soon.

<http://www.frontenacpark.ca/pages/trails.html>

Caution - Google map directions from Ottawa to Frontenac Provincial Park include a route via Little Long Lake Road. This road is not suitable for cars - do not use it! A route via Canoe Lake Road is shortest but has 5.5 km of gravel road. A longer route via Perth Road and Sydenham takes 10 minutes more but is all on paved roads. All routes include winding roads; get there and back safely.

JOHN HALEY HAS CONTRIBUTED TO HIS CLUB (OTTAWA) AND TO THE ASSOCIATION IN MANY WAYS. CURRENTLY HE PREPARES THE TEXT-DIRECTION/NOTES THAT ACCOMPANY THE RIDEAU TRAIL'S MAPS.

THE FRONTENAC CHALLENGE IS ONLY PARTLY ABOUT A HIKING ACHIEVEMENT. IT IS MUCH MORE ABOUT GETTING OUT INTO, AND HIKING IN AN ENVIRONMENT THAT IS RICH IN NATURE, LOCAL HISTORY, AND BEAUTY.

(OTTAWA ACTIVITIES)

Baseline Park & Ride by 10 am. Lunch will be outdoors. Gas \$3. A pub stop at the Cheshire Cat in Carp after the hike is an option. Leader: Denise Hall, 613-843-8222 rebeccahall@rogers.com

Saturday, March 3 XC Ski, Murphy's Point Provincial Park

* Note: 8 am departure *

Level 2, 10+ km. Ski the groomed Park trails over the Tay Valley Loppet course with the Central Club. Indoor lunch, possible late return. Gas \$9 plus Park fee. Meet at Tunney's for a prompt 8 am departure. Leader: Steve Kelly stkelly@rogers.com 613-422-1318

Saturday, March 10 Snowshoe Kidder Trail and Lac Monette

Level 2, about 8 km. Starting from the Ramsay pull-off on Eardley-Masham Road, we'll snowshoe to Kidder Top and beyond, taking in lovely views of Kidder Lake. Outdoor lunch at peaceful lac Monette. The return will be on the lower Kidder trail, crossing over the east end of the lake. About 200 m total ascent. Expect trail-breaking. Meet at Tunney's Pasture at 9:15 am. Gas \$5. Leader: Ann Bolster, 613-828-5131 ann_bolster@hotmail.com



Trailhead at P16 showing the Cross silo

Cross Loop Road: More than Just an Address

BY TRUDY STEPHEN WITH STEVE KELLY

Have you seen the covered bridge on Cross Loop Rd. near Gatineau Park's P16 access point? Maybe you have walked or skied the trail that leads to the Healey cabin. The story of the fields and the silo you see from P16 is one of pioneer hardship and family history: the Cross family.

The land where the silo now stands came into my family in 1874, but the story begins a bit earlier. In the 1830's, my great-great grandfather Isaac Cross arrived from Somerset, England. After starting to raise a family in New Edinburgh (now an Ottawa neighbourhood), Isaac bought a little cabin on the west side of Meech Creek where he took up farming. The site is located not far off Trail 50.

Moving sounds easy enough but in March 1843, travel was with all their belongings in a sleigh. Perhaps they crossed the Ottawa River on the ice, from New Edinburgh to the Gatineau River, and up to the little area known as Cascades Village. The terrain from there to the Meech Creek Valley would have been heavily treed and rough.

When Isaac succumbed to gangrene in the winter of 1859, his son William continued to operate the farm. In 1865, William married my great grandmother, Mary Ann McKelvey of nearby Cowden Road. A few years later, they bought a fine brick home and property on the other side of Meech Creek from the original little cabin.

Records show that the Cross farm prospered and grew from 100 acres in 1871, to more than 1600 in 1914. The property passed to Wyman Ernest Cross and then to my uncle, William (Bill) in 1946. Wyman and his brother George were among those who built the covered bridge on Cross Loop Rd. in 1932.

In 1974, the National Capital Commission identified 1,000 acres in the Valley as required for a Zoological Park. The farm was expropriated. The zoo was never built. Except for the silo, the buildings have been demolished.

Four generations of the Cross family farmed the land and prospered for about 150 years. If you visit P16, take a minute to view the interpretive plaque, with the Cross silo in the distance.



Mary Ann (McKelvey) and William Cross raised 12 children in Meech Creek Valley.



Three farmhouses were built on the original foundation. The first (left) was purchased in 1874, burned in 1914, and was rebuilt by Wyman Cross. When it burned again in 1946, it was rebuilt by Wyman's son, William (Bill). Fire destroyed that house on May 5, 2015. The same perspective from Cross Loop Rd. (right), now shows only the remains of the silo, beyond the former site of the houses.



More photos are available from the Gatineau Valley Historical Society (GVHS).
<http://www.gvhs.ca/> Read more Park history in the two issues of the Gatineau Park Chronicle:
<http://www.gvhs.ca/digital/gatineau-park/chronicles/index.html>

EDITOR'S NOTE: **TRUDY (CROSS) STEPHEN** IS A HIKE LEADER WITH THE OTTAWA CLUB. WHEN SHE SHARED HER FAMILY RESEARCH, WE THOUGHT IT WOULD HAVE SPECIAL INTEREST, SINCE OUR MEMBERS ARE YEAR-ROUND VISITORS TO MEECH CREEK VALLEY.



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

My Favourite Place



STEVE KELLY PHOTO

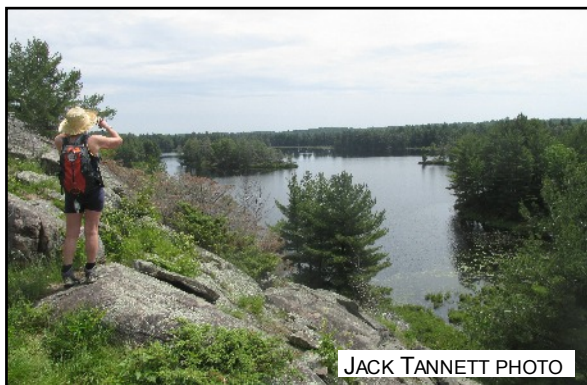
Gatineau Park has some wonderful hemlock groves that are a favourite of mine when skiing. After a fresh snow the boughs are laden with snow making it a winter wonderland (Feb. 3). I especially like to stop in one of these magic places to breathe in the beauty and the silence.

ELIZABETH MASON, OTTAWA



K&P Trail Goes Downtown (see page 17)

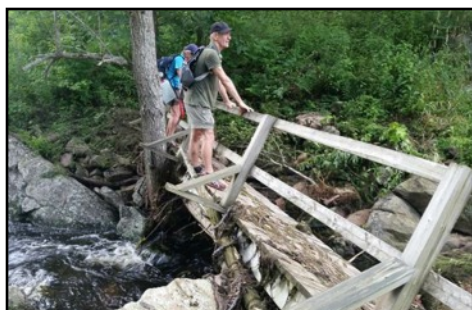
DON COUTLER PHOTO



JACK TANNETT PHOTO

Slide Lake, a favourite Blue Loop in Frontenac Park
(Read more about the Park on page 22)

'Handrail' bridge in Dave Audette's
Challenge story (See Wet, page 14.)



Microspikes make winter
hiking a sure-footed reality.
(See pages 3, 17)

MEC PHOTO



Family and Park history are intertwined.
(Page 23)

Thanks to Joan Evans (the clown) for Ottawa's
Halloween Hike. MAUREEN DAWSON PHOTO

