



Rideau Trail

NEWSLETTER

SPRING 2018
Issue # 187

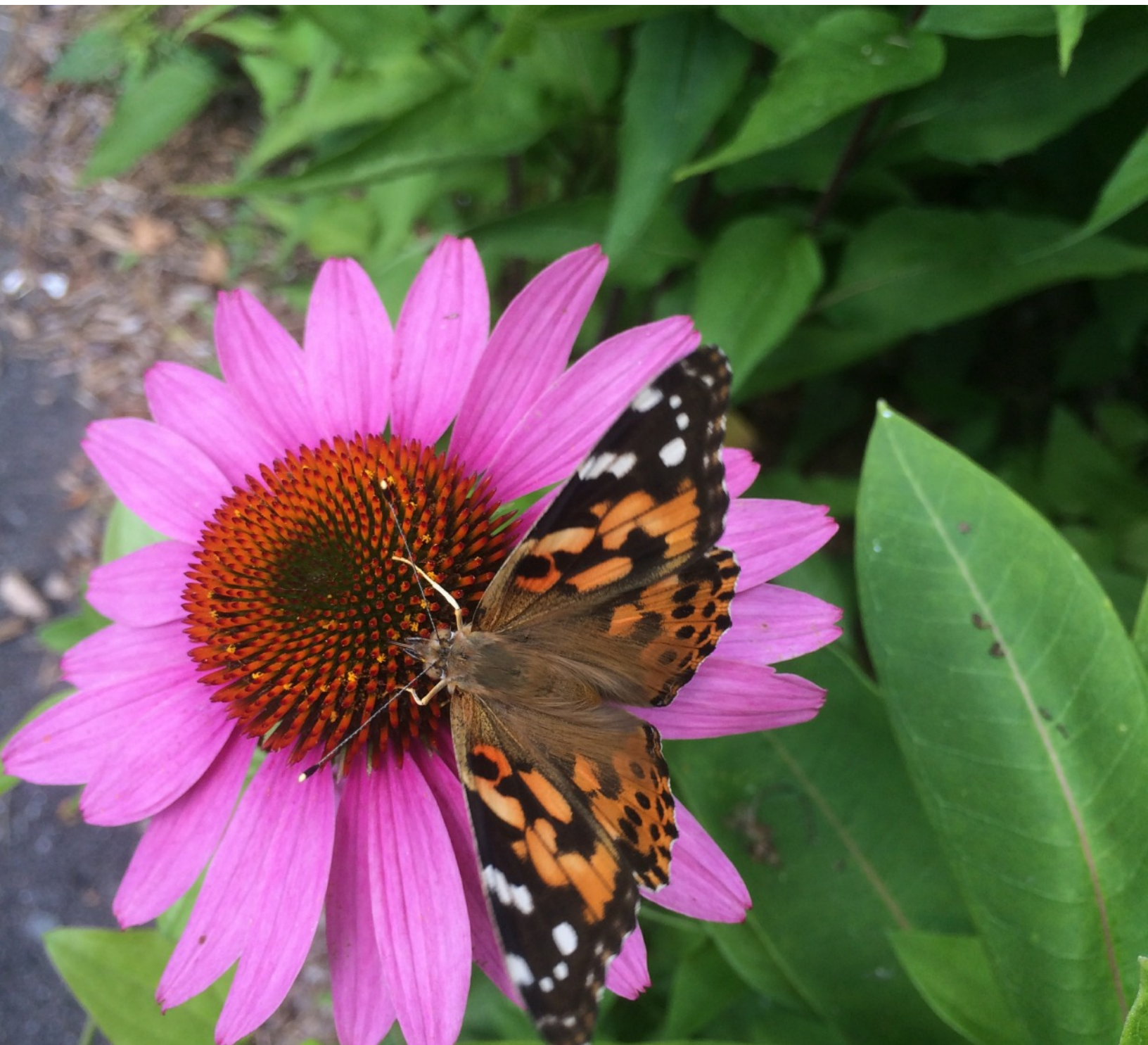
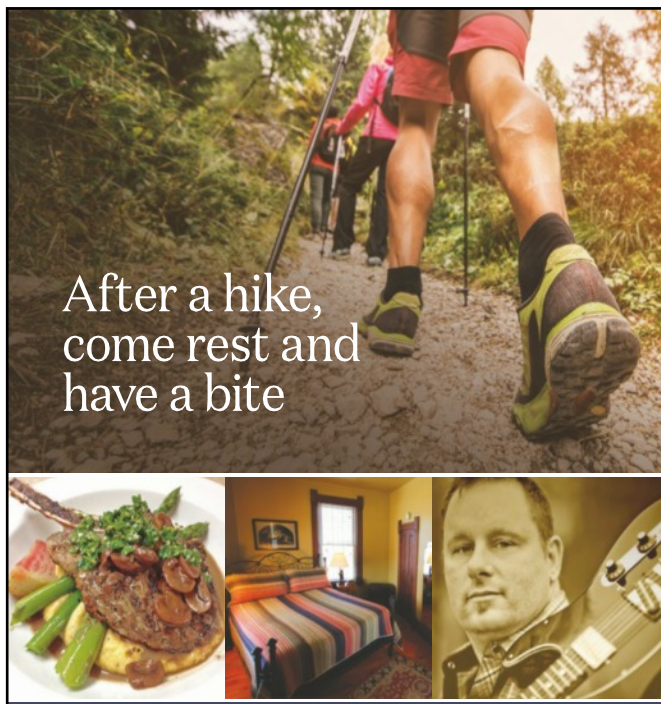


PHOTO BY ALEC TURNER

FULL CONTENTS ON BACK COVER



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PHOTO BY BILL OTTNEY

Landowners & Volunteers Appreciation Party

In all, 49 troupers came out from the trenches on January 28, to be honoured at our yearly gala party. A team of dedicated volunteers had fun working together on assignments ranging from concierge, undercover agent to the most coveted job of all – bartender. Volunteers are the rocks who keep our club strong. Special thanks to our party room sponsors Alice Cairns & John Beck.



PHOTOS BY BILL OTTNEY



SPRING 2018 Issue 187

Rideau Trail Association

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(Send updates by 25th of the month.)

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

The Rideau Trail News letter 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.

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Summer Newsletter: **Deadline May 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 Ottawa editor:

Steve Kelly

stkelly@rogers.com 613 422-1318



Board of Directors

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Ottawa: Steve Kelly, Ottawa

(613) 422-1318 stkelly@rogers.com

Canada 150 Challenge Completions



Canada 150 Challenge Wrap Up
Well here it is Canada is 151 years old, and RT had a successful 150 Challenge event. We had 152 successful participants who completed the challenge. We also gained 39 new members!

This challenge was offered as it could be completed by ANY member who wished to take up the challenge. Our end to end challenges are not for everyone. We had also thought it was a good time to seek out new members and introduce them to our trail and our 3 hiking clubs.

There were many compliments that came from members and new-members alike such as: thanks for the challenge, great opportunity to get the kids out, did not know the trail was here, great trail so close to home, going to continue and do an end to end next year.

Welcome all new members to Rideau Trail, hope to see you out there hiking this year and years to come. There are also lots of opportunities to join in activities besides hiking such as trail maintenance or social activities.

Sharen Yaworski for Board of Directors

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5. Fangwei Zeng	NHM
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51. Bill Ottney	Kingston
52. Gunhild Karius	Kingston
53. Jon Moher	NM (Ottawa)
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55. SueNorthmore	NM (Kingston)
56. Fran Wubben	NM (Kingston)
57. Carol Kerfoot	Ottawa
58. Maureen Geiler	Ottawa
59. Joanne Biggs	Kingston
60. Elysia Asselstine	Kingston
61. Leslie Meerburg	NM (Ottawa)
62. Andrew Hannah	Central
63. Sandra Lopez	Kingston
64. Mary Sexton	Kingston
65. John Vanderpost	Kingston
66. Kareem al-Ghazal	NM (Ottawa)
67. Tina Marie Sullivan	NM (Ottawa)
68. Russell Fewings	NM (Ottawa)
69. Jonathan Fung	NAM New
70. Dillon Richardson	NM (Ottawa)
71. Natasha Smith	Kingston
72. Rachel Hartviksen	Ottawa
73. Lia Eichele	Ottawa
74. Dave Audette	Ottawa
75. Erica Phillips	Ottawa
76. Kent Phillips	NM
78. Holly Perry	NM (Eganville)
79. Joan Berger	NM
80. Tyler Esau	NM
81. Blake Esau	NM
82. Max Esau	NM
83. Scott Clayfield	Kingston
84. Eva Mohan	NM
85. Rusy Bassarab	NM
86. Elissa Guy	NM
87. Sui Kuen Ng	NM
88. Jessica Juan Xu	NM
89. Erica Cleroux	Ottawa
90. Wendy Farrell	Ottawa
91. Maryetta McDowell	Ottawa
92. Paul Galipeau	Ottawa
93. Morella Tuckler	NM
94. Valerie Tuckler	NM
95. Edwina Schedelman	Central

96.	Sue Osborn	Kingston
97.	Elizabeth Sherlock	NM
98.	George Sherlock	
99.	Sylvain Larue	Ottawa
100.	Gloria Seeley	Kingston
101.	Marilyn Martin	Kingston
102.	Eileen Mortimer	Ottawa
103.	Audrey Sanger	Kingston
104.	Tom McClung	NHM (Ottawa)
105.	Samantha McClung	NHM
106.	Kyle Sonntag	NHM
107.	Stephanie Lang	
108.	Natalie Lasalle	Ottawa
109.	Helen Su	New NAM
110.	Sharen Yaworski	Kingston
111.	Ryan Pyne	Ottawa
112.	Chantal St Amour	NM (Kingston)
113.	Kris Gagnon	Ottawa
114.	Rachel Gagnon	
115.	David Lucas	Kingston
116.	Dennis Labelle	New member
117.	Prem Grainger	Ottawa
118.	Yi Bai	New member
119.	Sarah Learmonth	NM
120.	Diana Rolston	Ottawa
121.	Jaydyn Whittington	NM
122.	Beth Cainen	NM
123.	John Osborn	Kingston
124.	Lori Henley	Ottawa
125.	Trina Piche	Ottawa
126.	Nick Curcumelli-Rodostamo	NM
127.	Dan Boulay	Ottawa
128.	Ann Bolster	Ottawa
129.	Ernest Rae	Kingston
130.	Yi Fang	NM Ottawa
131.	Oskar Kaminski	Ottawa (dads a member)
132.	David Staples	NM Kingston
133.	Staples family badge	
134.	Brett Peters	NHM Ottawa
135.	George Williams	
136.	Jane Hough	Kingston
137.	Robert Hough	Kingston
138.	Charlene Mathias	Ottawa
139.	Xia Xu	NM Ottawa
140.	Paul Curless and son	NM
141.	Helen Kramer	Kingston
142.	George Garrow	NAM
143.	Dan Lynch	NM Kingston
144.	Celia Bond	NM Ottawa
145.	Brush family	NHM
146.	Michelle Hughes	NM Ottawa
147.	Alexa Keating	NM
149.	Steve Cole	NM
150.	Colleen Scott	NM
151.	Suzanne Cordukes	NM
152.	Dianne Kinnon	NM

New Household Member - NHM

New Member - NM

Non-Affiliate Member -NAM

Thank You

Our RTA 150 Challenge, a trek from Smiths Falls to the downtown Ottawa locks with some offshoots and loops in between, began on July 23rd and ended on November 18th. This rewarding journey allowed us to experience the Ottawa Valley from a pedestrian perspective and pace as we travelled through the summer and fall seasons. Walking through historic architecture, along canals, across flowery meadows, and over meandering streams are highlights of the trail. Equally memorable, for the humorous stories that emerged from them, are the massive puddles requiring skilful navigation, unrelenting mosquitoes and flies, and perpetual threat of wild parsnip and poison ivy. Quiet times on stretches of road gave opportunity for chatter and snacking, a chance for conversation and laughs. Each hike felt like a piece of a larger puzzle, a distinct adventure shared by our group of friends. Thank you for organizing an event that encourages people to enjoy nature, experience the joys of walking, and become part of a local community.

Thank you,

Samantha McClung, along with Tom McClung, Kyle Sonntag, and Stephanie Lang





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Frontenac Park and the Cove Inn

Friday, April 27th to Sunday April 29th, 2018
Use the links below for more information.

The Ottawa Rambling Club is organizing a
hiking trip to Frontenac Park with
accommodations at the Cove Inn in Westport.
Rooms for two nights including two dinners
and two breakfasts start at \$220 per person
(double occupancy).
Please click your preferred link below for
additional information and sign-up instructions

WORD format

<https://drive.google.com/file/d/1Y7mV6SpQ5i1NnpnRaJqRmpqaBE-hqh3T/view?usp=sharing>

PDF format

https://drive.google.com/file/d/1noMrS8KhZLmwJQ_Qn7YuPs1dp2cPzT_E/view?usp=sharing

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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.

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.

NEW ZEALAND

November 6 to 25, 2018

This New Zealand trip is a "legend" in our company history and is always regarded as a guest favourite, and we do New Zealand proud. Enjoy a full itinerary of hiking and sightseeing throughout the North and South Islands, including the Tongariro Crossing, the Abel Tasman Coastal Walk and the famed Milford Track.

TICO # 50018498

(Before Insurance)

Bedford Mills Ferry

(Proposed) Bedford Mills Floating Bridge



PHOTO BY MAGGIE SEBOK



PHOTO COURTESY OF JIM

DISCOVERING THE BLUE SIDE TRAILS

Question: Can you guess how many blue side trails there are, and their combined length?

Answer: You might be surprised to learn that there are twenty eight official blue side trails, totalling over 140 kilometres in length, almost half the distance of the Rideau Trail itself. These blue trails vary from a branch of a few hundred metres to a complex series of loops totalling over twenty kilometres. One or two aren't even connected to the main trail.

Another question: How many of these blue trails have you hiked? You can answer this one for yourself.

One of our members has recently completed an exploration of all our blue trails, and has picked out five of the best loops for this article. It was a difficult task to choose the top five since every blue trail has its merits. The author's hope is that this article will generate a new interest in our blue trails. They're all well documented on the RTA website at **Discover the Trail....Maps**. The author also provides references to a blog for those interested in learning more about each hike.

1. The K&P Blue Loop, Kingston

Length: 9.9 km (one way)

Start: Kingston City Hall

End: Sydenham Road (junction with main Rideau Trail)

RTA Ref.: Map 01A-01E; Text page #: A-01

Blog Ref.: <http://thepassionatehiker.blogspot.ca/2017/06/blog-post.html>



This exciting new trail, the latest addition to the list of blue trails, was opened in 2017. It closely follows the route of the old K&P railway line within the City of Kingston. Starting at the old railway station in front of City Hall, it swings north, then west, to the northern end of the city where it meets the main Rideau Trail at Sydenham Road. It's a beautifully constructed trail, well signed and full of historical interest. It opens up the opportunity for a superb 24.9 km circuit of Kingston, entirely on Rideau Trail (blue trail then main trail), with the perfect start and end point at Kilometre Zero of the Rideau Trail beside Lake Ontario, in front of City Hall.

2. Gould Lake Conservation Area: Blue Side Trails and Blue Loops

Length: Various trails totalling approx.. 20 km

Start/End: S. end of Gould Lake on Gould Lake Road

RTA Ref.: Map 04C-04D; Text pages #: 22, 23

Blog Ref.:

http://thepassionatehiker.blogspot.ca/2016/08/gould-lake-gold_18.html

<http://thepassionatehiker.blogspot.ca/2016/08/blog-post.html>

<http://thepassionatehiker.blogspot.ca/2016/08/ridgewalk.html>



Perhaps the jewel in the crown. These trails and loops explore the west and east sides of rugged, remote Gould Lake, north of Sydenham. Here at the southern end of the lake, the main Rideau Trail heads northwards up the west side of the lake. But several blue side trails also branch out from here. It took the author three separate visits to complete all the trails. Expect a good workout. The lake itself is the focus, with some of the trails reaching idyllic lakeside viewpoints, with tempting swimming spots for a summer visitor. Look out for old mica mines and other echoes of early industry along your route. You will be captivated by the magic of Gould Lake.

See the Summer Edition for more news on the exciting Blue Trails.....



KINGSTON CLUB ACTIVITIES - SPRING 2018

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

See “Levels of Difficulty and Participants’ Responsibilities ” on Page 28

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 who wish some healthy, social exercise at an easy pace.

Contact Helen at 613-766-0482 or hkramer@outlook.com. By adding your name to our email list you will receive weekly location details every Tuesday afternoon via email. The walk locations change weekly but they all start at 1:30 pm.

47th Annual General Meeting, Rideau Trail – Kingston Club

Saturday, April 28, 2018

Gananoque Curling Club - 300 William Street

Morning Program

09:30 am Registration, Coffee, Juice & “Morning Goodies” Buffet.

10:00 am Business Meeting, Election of New Executive, Awards,
Door Prize Draw, Announcements

**** Volunteer contributions of home baked goodies, fruit, etc., are welcomed ****

Lunch

12:00 pm–1:00 pm Bring a brown bag lunch / or buy a meal in town.

Afternoon Program

Discover hidden secrets of Gananoque on a guided historical tour. Level 1. Leaders: Peter Murray & Doug Bickerton.

Hike around the beautiful gem of Landon Bay in the Thousand Islands Area. Level 1/2. Leader: Jane Moore.

Wrap up the day in friendship & fun at “The Old English Pub” around 4:30 pm.

Hike leaders will announce the gathering places and setting off times at end of morning meeting.

AGM Information Contact: Linda Line (613) 531-4353

Car Pooling Contact: Ann Wilson (613) 531-9873

ACTIVITIES CALENDAR KINGSTON CLUB

Saturday March 3 First Saturday

Winter Hike Level 1, easy pace, 5-10 km. tbd. 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 or Email: sharenann@gmail.com

Saturday March 10 Cataraqui

Conservation Area Walk 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

Sunday March 11 Pool Anyone?

Let's skip the hike and go right to the pool hall for some Sunday afternoon pool and suds. Ladies play free and gentlemen accompanying a lady also play free. Come out and let's see the "Hustler" in you. Meet at Raxx at 1pm. No water or lunch necessary, food and drink available to purchase. Enquiries: Audrey Sanger 613 384 6244

Sunday March 18, E2E#1 City Hall to Mclvor Rd.

Level 1, moderate pace, 17.4 km. Hike along Kingston's historic waterfront and link up with the K&P Trail. Meet at Mclvor Rd/K&P parking lot at 8:30 am. Volunteers will shuttle hikers downtown to the start point. Gas \$2. Please contact either leader to confirm participation. (RT Map 01.) Leaders: Lynn Esau 343-363-0384 esaulynn@gmail.com; Miu Lam 613 544 6201 ymiu.lam@gmail.com

Saturday March 24 Maple Sugar Bush Ramble (Unity Road Area)

Level 1, easy pace, 8 km. If nature cooperates, sap will be boiling and you will be tasting. Local syrup for

sale along with cookies, hot chocolate and coffee. Depart Can Tire 10 am. Gas \$2. Leader Stan Huff 613 5483003

Sunday March 25, E2E#2 Mclvor Rd to Murton Rd.

Level 1, moderate pace, 14.2 km. Hello spring! We'll meet at Murton Rd parking lot, 2 km east of Hwy 38, then shuttle to the start point at Mclvor Rd. Please arrive at the meeting place with enough space in your car to shuttle 2 or 3 additional hikers. (RT Map 02.) Leaders: Lynn Esau 343 363 0384 esaulynn@gmail.com; Miu Lam 613 544 6201 ymiu.lam@gmail.com

Saturday March 31 MORNING FULL MOON WALK WITH AUDREY

Meet at the old information center at the bottom of Fort Henry Hill at 9 am. See a beautiful moon, go for coffee and walk around Barriefield for about an hour. In case of inclement weather, please call leader to confirm outing. Leader: Audrey Sanger 613 613 6244

Sunday April 1st Not April Fools

We will have a wee Easter hike along Lake Ontario. Meet at the Pavillion at Lake Ontario Park at 11 am. and walk down to The Ports for lunch for those of you who wish to come out and participate in an Easter Event. Leader: Sharen Yaworski 613 544 6022

Saturday April 7 E2E#3 Merton Rd to Freeman Rd.

Level 2, moderate pace, 15.4 km. Hike the K&P and through some fields. Meet at Freeman Rd/RT. at 8:30 am. and shuttle to Merton Rd. RT Map 03. Please arrive at meeting place with space for 2 additional people for shuttle. RT Map 03. Leaders: Gunhild Karius and Bill Ottney ottech2@gmail.com or phone or txt 613 858 3183

Saturday April 14 Second Annual Trail Clean with Sharen

Lets meet at Sydenham Road parking lot which seems to be the garbage haven of the trail and clean that up and move down Sydenham Road to the Cemetery and walk to the train station for lunch then walk back to the cars. Hike Leader: Sharen Yaworski 613 544 6022

Saturday April 21 K&P Trail

Level 1 or 2, moderate pace, 15 or 22 km. Hike from Harrowsmith or Hartington to Verona and return Lunch in Verona at Mom Restaurant. Gas \$3. Depart Can Tire 8:30 am. Leader Stan Huff 613 548 3003

Sunday April 22 E2E#4 Freeman Rd. to Salmon Lake Rd.

Level 2, moderate pace, 15.2 km. Meet at Salmon Lake Rd./Bedford Rd. at 8:30 am and shuttle to Freeman Rd. Important for E2E Hikers: Arrive at meeting place able to shuttle 2/3 additional people. RT Map 04. Leader: Audrey Sanger 613 384 6244

Tuesday April 24 SkyCroft

Roundabout Level 2, fast pace, 15 km. For this new "lollipop loop" hike, we'll enter the forest at Skycroft on Opinicon Rd, bushwhack around Round Lake to the Cat Trail, then link up with the rugged Rideau Trail. Depart CT at 8:30 am. Gas \$4. Leaders: Nancy Hunter 613-372-2157 nancynelles@gmail.com, and Miu Lam 613-544-6201 ymiu.lam@gmail.com.

Saturday April 28 - Kingston Club AGM -Gananoque Curling Club **See Page 9 for details**

Sunday April 29 Full MoonWalk

See the "moonshine" on the Lake and enjoy a "light" walk. Meet at Lake Ontario Park Pavillion at 8:30 pm. Leader: Audrey Sanger 613 384 6244

Saturday May 5 E2E#5 Salmon Lake Road to Maple Leaf Rd. Level 2, moderate pace, 15 km. Hike through Frontenac Park with great highs and lows. Meet at Maple Leaf/Opinicon Rd. at 8:30 am. and shuttle to Salmon Lake Road. Important for E2E Hikers: Important for E2E Hikers: Arrive at meeting place able to shuttle 2/3 additional people. RT Map 04. Leader: Jim Lorimer 613 305 2849

Saturday May 12 E2E#6 Maple Leaf Road to Opinicon Access Rd. Level 2, moderate pace, 17 km. Beautiful section of the trail with many ups and downs. Meet at Opinicon Access Rd at 8:30 am. and shuttle to Maple Leaf Road. Important for E2E Hikers: Arrive at meeting place able to shuttle 2/3 additional people. RT Map 05. Leader: Gloria Seeley 613 546 2503

Sunday May 27 E2E#7 Opinicon Access to Bedford Mills Level 2, moderate pace, 15 km. Hike the bush trails and rail line. Meet at Bedford Mills (church) at 8:30 am. and shuttle to Opinicon Access Rd. Important for E2E Hikers: Arrive at meeting place able to shuttle 2/3 additional people. RT Map 06. Leader: Gunhild Karius and Bill Ottney ottech2@gmail.com or phone or txt 613 858 3183

Saturday June 2 E2E#8 Bedford Mills to Lion's Club Westport Level 2, moderate pace, 17 km. Meet at Lions Club Beach Westport at 9 am. and shuttle to Bedford Mills (church). Important for E2E Hikers: Arrive at meeting place able to shuttle 2/3 additional people. RT Map 06/07. Leader: Don Coulter 613 542 9998

Sunday June 3, "Ring Around K-Town" Level 2, moderate to fast pace, 24.9 km. Hike Kingston's premier urban loop. We'll meet up at Doug Fluhrer Park on Wellington St at the east (waterside) end of the parking lot at 8:30am. then loop counterclockwise around the city following the new stretch of K&P Trail and the Rideau and Waterfront Trails. (RT Map #1.) Wear comfortable walking shoes; bring lunch and water. Leaders: Lynn Esau 343 363 0384 esaulynn@gmail.com; Miu Lam 613 544 6201 ymiu.lam@gmail.com

Saturday June 9, K&P Cycle Level 1, easy pace, km tbd, Ride the rails along the K&P, Meet at Binnington Court Parking Lot for a 9:30 departure. Bring lunch, drink, sunscreen etc, Leader: Elgin Bock 613 389 4216

Sunday June 10 E2E#9 Westport Lions Club to Narrows Lock Level 2, moderate pace, 13.6 km. Hike the heights of Sand and Rideau Lakes. Meet at Narrows Lock Parking Lot at 9 am and shuttle to the Lion's Club Beach in Westport. Important for E2E Hikers: arrive at meeting place able to shuttle 2-3 additional people. RT Map 07/08. Leader: Miu Lam 613 544 6201 ymiu.lam@gmail.com and Jim Middleton 613 272 6793 middleton.james@gmail.com

Volunteer Opportunity - Special Events Coordinator

If you like planning parties, menus, are detail oriented, have your own transport, enjoy creating writing and have some time to spare here and there, for more information please contact:

Linda Line: 613 531 4353.

Volunteer Opportunity - Editor (Kingston or Central)

I am stepping down as Editor Kingston.

Responsibilities would include: attending board meetings, contacting advertisers, sending treasurer information on advertisers included in newsletter, receiving, formatting and editing the following: articles, hike schedules and pictures, formatting and publishing using PagePlus X9, responsible for completion of Spring/Fall newsletters, sending completed newsletter to publisher for paper and on-line publications.

Direct inquires to Steve Kelly 613 422 1318

Sarah's 150 Challenge

Hello!

I've been working on the Rideau 150 Challenge and am excited to submit my completed logs!

I didn't find out about the challenge until September of this year and I was worried I would not be able to complete it. I had already done a small part in July at the Silver Queen mines but didn't know about the challenge then. I downloaded the helpful free maps and map text and started along my way. I've been hiking in the Adirondacks a few years doing "out and back" hikes but a section hike was new to me. It was a very humbling experience to say the least. I made many rookie mistakes like not verifying parking areas for waypoints and showing up with nowhere to put my car lol. Hunting season had a few places closed where I showed up, which left me trying to make a plan for a new hike last minute. Once I even went the opposite direction following orange triangles used for a snowmobile club and felt so defeated when I looked on my map and saw I had walked 3 kilometers that didn't even count towards the challenge. I was starting to nickname this venture my #rideaufail journey lol and began documenting it very closely and am hoping to create a blog with pictures to help others not follow my same mistakes.

I mostly hiked alone, or with my German Shepard Rollo. I used the map on my hike app to document routes and distances but occasionally it would glitch so I always verified with the maps and distance calculator.

WHY this was huge for me: In 2005 at age 24 I was diagnosed with stage 2 breast cancer, I "beat it" with surgery, chemo and hormone therapy. In June 2013 my cancer returned as stage 4 to my lungs bones and brain, I declined quickly, by September I was in palliative care and not expected to live a year even with chemo. The stats were wrong and I slowly got stronger.

A year later in November 2014 I did my first hike, a fire tower in northern New York. It kicked my butt but had me hooked! The exhilaration of the view and reaching the top was enough to get me searching for more. I hadn't done much hiking here, just some local trails in Brockville, Rock Dunder, and Charleston Lake, but I had never even heard of the Rideau trail. When I discovered this challenge I knew it would be time sensitive only having 4 months to get the 150 done. I work full time and was going to have to put in some big kilometer days to get it done quickly. I surprised myself putting in days of over 15km, but I felt good and strong. In October I had started chemo again, 3 times a month. When I would be at the hospital in Ottawa I would use the opportunity to hike small sections nearby. In November my brain MRI again showed growth in 2 of my tumors. (There had been slight growth since March that hadn't been dealt with as my team didn't know if it was active cancer or side effects from the area being radiated in 2016) I was again saddened and tired of the battle. So I packed my bag and went hiking.

Every day I spent out on the trail I gained peace from the quiet nature, clarity while moving my body and thinking things thru in my head. I'd come out of the forest and feel refreshed and satisfied. Many sights I saw whether natural, man-made or historical were a treat and would give me spaces to sit and reflect upon the issues I was dealing with. I was aiming to have the challenge done mid-December but November 23rd I met with a neurosurgeon and was told I would have to have a craniotomy to remove the 2 tumors that were growing plus one other tumor nearby. I considered myself lucky to be eligible to have the procedure done; many times the tumors are in areas not accessible or dangerous to remove. At that point I had 85 km done and there was no way I was giving up on the end goal of reaching the 150. Days I worked afternoon shift I would hit the trail before 7am to get in some good sections, on my days off the dog and I would hike one way in the morning, back to the car for lunch and then the opposite way after. November 29th I was hiking a section in Kingston when I got a phone call my surgery would be taking place the following Monday Dec 4th. I had 14 km left and 4 days to complete it!

I went over my logs again to double check my distances; I didn't have the luxury of time or room for error! I was down to the last day when I put in a 10 km day, going 4 further than I needed to make sure I had no mistakes. Rollo and I finished in Marlborough forest, it was a great day to spend in nature, instead of sitting at home worrying about my procedure I was working my body, keeping it strong, and ensuring my recovery will go smoothly because of all the healthy activity I had recently done.

I'm very proud of my accomplishment and thoroughly enjoyed this challenge. It has opened my eyes to the beautiful sites close to home and I now don't want to stop here with the 150. I want to continue on and complete the section end to ends, and see everything along the way from Kingston to Ottawa!

Thank you for reading my story and for looking after this important part of the challenge.
Sarah Learmonth

Rideau Trail Donor List

November 1, 2017 to January 31, 2018

Janice Ley
Rebecca Siu Kuen
Thomas Rance Ng
Dr. Sukriti Nag- RT Kingston
Ann White
Robert Lantos
Dukke van der Werf
Keith Marchildon
Toronto Public Library
Christian Grothe
Margaret Wild- in memory of John & Dolly Cornish



Member Services

(Who gets your question?)

Whatever the question, just call the RTA for your club (p. 3) 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

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



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

What is the Annual General Meeting about? The morning is for committee reports, elections and to recognize members for their contributions. It is a day to learn about the Association and its plans for the future. We encourage comments, welcome volunteers and more connection with the RTA. Meet friends and network with members from within the three clubs.

The afternoon is for fun! Tour Merrickville, take a hike or walk and at the end of the day, join us all back at the Legion for some socializing. On May 26, all trails lead to Merrickville!

47th Annual General Meeting - Saturday, May 26, 2018 **Merrickville Royal Canadian Legion #245**

Program

9:30 am - 10:00 am Registration, Coffee & Morning Refreshments,
Pay for lunch, Sign up for choice of outing.
10:00 am Business Meeting, Presentation of Awards,
Notices, Door Prize Draw, Announcements

Lunch

12:30 pm - 1:30 pm: Catered Lunch at Legion - Meet & Mingle

Afternoon Program Begins

1:30 pm: Leaders will announce time and place to meet for "the off"

Afternoon Program Choices

Guided Historical Walk of Merrickville.
Guided District Trails Walk on Merrickville-Limerick Trail 8-10 km
Rideau Woodland Ramble at Garden Centre & Display Gardens
Wrap up afternoon back at Legion #245 for social time and farewells

Driving Directions

From Ottawa: Take Highway 416 south to County Road 43 West (Exit 34). County Road 43 becomes Main St in Merrickville. Continue past the Block House and the Legion is ahead on the right (about 70 minutes).

From Perth: Take County Road 43 East. At Merrickville follow County Road 43 to the right. After crossing the canal bridge, turn right onto Main Street. The Legion is near the end of the street (about 35 minutes).

From Kingston: Take Highway 401 East to Maitland (Exit 705), exit onto County Road 15 North. In Merrickville, turn left onto Main St, at the Block House. The Legion is near the end of the street (about 90 minutes).

Lunch Menu, Registration & Payment

The Legion is offering the choice of either a "regular", "vegetarian" or "gluten free" lunch which includes: vegetable soup, selection of sandwiches/wraps, cheeses, pickles, dessert, fresh fruit. Total cost per person is \$10. Pay on arrival in cash to Legion Representative. To preorder lunch contact Linda Line at: linline6@gmail.com or call 613-531-4353 and specify your choice. **Deadline to order a meal is May 22nd.**

"All purchases for food and drinks at Legion 245 are payable in cash only"

Transportation:

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

Central Club: Jack Tannett T: 613 466 0417 E: jtannett@cogeco.ca

Kingston Club: Linda Line T: 613-531-4353 E: linline6@gmail.com

Ottawa Club: Sandy Freeman T: 613 225-2940 E: sandyjfreeman104@gmail.com

CENTRAL CLUB ACTIVITIES - SPRING 2018

Meeting Place: for all Central Club hikes, unless otherwise specified, is Conlon Farm in Perth. To reach Conlon Farm, take the main street (Gore) southeast through Perth to County Road 10 (Scotch Line), turn right towards Westport, then turn at the 4th side street on the right (Conlon Drive) and proceed to the Conlon Farm parking area. For those of you using GPS the postal code is K7H 0A3.

When carpooling: the amount quoted for gas is a suggested voluntary contribution. Fees for parking and entry to parks and conservation areas are shared among the driver and passengers.

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

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

If in doubt about any aspect of the planned hike or other activity, or its suitability for your fitness level, please contact the leader.

Read Participants' Responsibilities & Levels of Difficulty (Page 28)

Saturday, April 14 Central Club AGM

Please join us at McMartin House, 125 Gore St. E., Perth
coffee/tea and refreshments provided

10:00 - 11:00 - Central Club AGM

11:00 - 11:30 - coffee and refreshment break

11:30 - 12:00ish - Guest Speaker: Brian Grant, RTA President:
RTA Strategic Plan Update and Q & A

12:15ish - 1:00pm Bring your own bag lunch

1:30 - Afternoon Hike - Murphy's Point Park led by Nancy Gaudreau

Rideau Trail End to End: There will be a series of hikes this year to allow you to walk the entire length of the Rideau Trail and earn your E2E Badge. Hikes start in the Kingston section in March and Central Club will schedule 5 hikes in the summer, with Ottawa finishing the trail in the fall. Please feel free to explore the different sections of the trail doing as many hikes as you wish. Remember to keep a log for your badge.

Saturday, April 28 Festival of the Maples 10am - 3pm

Spring is here and what better way to celebrate than to attend the Festival of the Maples on Perth's main street.

The Central Club has a booth, so come and join us, chat to visitors and promote our trail!

For more information or to volunteer at the booth contact Jack Tannett jtannett@cogeco.ca 613 466-0417

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 margaretafrance03@gmail.com
613 466 0403

ACTIVITIES CALENDAR CENTRAL CLUB

Saturday, March 3 Murphys Point ski

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

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

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

Sunday, March 11 Tetsmine Loop, Frontenac Park

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

Sunday, March 18 Wheeler's Sugar Bush

Level 1, 6-8km. 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 9:30am Leaders: Pat & Bert Stranberg
pbstranberg@gmail.com
613 283 8735

Saturday, March 24 Trans

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

Saturday, March 31 Skycroft to Chaffey's Lock and Opinicon

Level 1, 14km. Moderate pace. Enjoy the spring air in this lovely area. Car shuttle. Gas \$5 Depart Conlon Farm 9am. Leader: Jim Middleton
middleton.james@gmail.com

Saturday, April 7 Rideau Trail: Buck Lake blue trail

Level 1, 14 km. Moderate pace. Here is an opportunity to get to know one of the blue side trails. This is a nice stroll along quiet country roads and through a short magical wilderness in the middle. Gas \$5 Car shuttle Depart Conlon Farm 9am. Leader: Jack Tannett
jtannett@cogeco.ca
613 466 041

Saturday, April 14 Central Club AGM

Please join us at McMartin House, 125 Gore St. E., Perth coffee/tea and refreshments provided
10:00 - 11:00 - Central Club AGM
11:00 - 11:30 - coffee and refreshment break
11:30 - 12:00ish - Guest Speaker: Brian Grant, RTA President: RTA Strategic Plan Update and Q & A
12:15ish - 1:00pm Bring your own bag lunch
1:30 - Afternoon Hike - Murphy's Point Park led by Nancy Gaudreau

Friday, April 20 Hike Leaders Planning

Come to the Batchelor's at **2pm**. with your ideas for summer outings. Please let Maida Murray know if you are not coming and forward your suggestions for a hike or paddle to her at memmurray@hotmail.com.
613 456 6085

Sunday, April 22 Murphys Point Trails

Level 1, 8km. Moderate pace. Enjoy spring in the woods. We'll walk from the park gate around the scenic Sylvan Trail. Gas \$2. Depart Conlon Farm 9am. Leaders: Peder Krogh and Maida Murray memmurray@hotmail.com
613 456 6085

Saturday, April 28 Festival of the Maples 10am - 3pm

Spring is here and what better way to celebrate than to attend the Festival of the Maples on Perth's main street. The Central Club has a booth, so come and join us, chat to visitors and promote our trail! For more information or to volunteer at the booth contact Jack Tannett jtannett@cogeco.ca
613 466-0417

Sunday, April 29 Evening Hike Murphys Point

Level 1, 5-6 km Moderate pace. Let's explore the park at twilight and finish off with refreshments in the drive shed at Lally Homestead. Perhaps we'll hear an owl or see beavers in the creek. Please bring a flashlight and a mug. Depart Conlon Farm **6:30pm** Gas \$2 Leader: Tom Pearcey
tompearcey7@gmail.com
613 284 1294

Sunday April 29 Paddling: Mississippi Lake Moonlight

Note start point & time. Contact Leader if interested as timing will shift if heavy overcast
About 10 km, flat water, level 2 (cold water: PFD use required). Evening paddle in the Mississippi Lake National Wildlife Refuge finishing just after dark, timed for wildlife and to see the moonrise. Fishing season closed, so should be few boats, and hopefully will be before bugs have come out. Bring a light for takeout. Depart 5 pm

from Carleton Place Canadian Tire lot next to the corner of Hwy. 7 and McNeely Avenue. Expect to be off the water about 9 pm. Leader: Kevin Reynolds, kevinjunk9@gmail.com or 613-258-1337

Saturday, May 5 Brock Trail along Buell Creek, Brockville
Level 1, 7km Moderate pace. Enjoy a shady walk along the Brock Trail beside Buell Creek to the beautiful Brockville waterfront. We'll have lunch at one of the nearby restaurants and then walk back. Gas \$5 Depart 9am. Leader: Yvonne Kennedy yvnkennedy@gmail.com 613 267 9817

Sunday, May 6 Maintenance Morning
Come and help get the trail ready for the summer rush of hikers. Bring gloves and loppers or snips, water and a snack. Depart Conlon Farm 9am. For more details contact Peder Krogh pederkrogh5@gmail.com 613 456 6085 or Bert Stranberg pbstranberg@gmail.com 613 283 8735

Saturday, May 12 K&P Rail Trail: Flower Station to Eagle Point
Level 1 15km moderate pace. This is the most scenic stretch of the K&P - lakes, hills and a view of Calabogie Lake to finish. Possible refreshment stop. Car shuttle. Gas \$6 Depart Conlon Farm **8:30am**. Leader: Jack Tannett jtannett@cogeco.ca 613 466 0417

Sunday, May 20 Rideau Trail: North Shore Road to Lions Club Beach
Level 2, 12km moderate pace. Enjoy the scenic North Shore Road then a trek through the woods to iconic Spy Rock before dropping down the escarpment to the beach. Optional

refreshments in Westport following the hike. Car shuttle, gas \$3 Depart Conlon Farm 9am. Leader: David Batchelor dlhbatchelor@gmail.com 613 264 1559

Sunday, May 27 Millpond Conservation Area
Level 2, 6km moderate pace. It is always a pleasure to walk the winding trails and take in the views of the water in this lovely area. Gas \$2 Depart Conlon Farm at 9am. Leader: Tom Pearcey tompearcey7@gmail.com 613 284 1294

Saturday, June 2 Rideau Trail: Rathwell Road to Conlon Farm
Level 1, 6km moderate pace. Across fields, along the Tay Canal towpath and through one of the prettiest towns in Ontario, this hike has it all! Gas \$2, car shuttle. Depart Conlon Farm 9am. Leader: Anna Cornel annamcornel27@gmail.com 613 267 526

Saturday, June 9 Frontenac Park: Small Slide Lake Loop
Level 3, 14km moderate pace. Enjoy this remote and scenic but challenging trail in Frontenac Park. Gas \$6. Depart Conlon Farm 8:30am. **Leaders: Howard & Mary Robinson** hmrob@storm.ca 613 256 0817

Saturday, June 9 Paddling: Otter Creek off Rideau River Level 1, about 4 hours. This will be an out and back flat-water trip through mostly wetlands, starting from Edmunds Locks. Should still have some spring bird activity. Plan for a rafting lunch as there will be few places to get out. Depart Smiths Falls Memorial Community Centre parking lot behind the building (against Landsdowne Street) at 9:30am. Leader: Kevin Reynolds kevinjunk9@gmail.com, 613-258-1337

Sunday, June 10 Accessible hike Beveridge Dam blue trail
Level 1, up to 4km. Slow pace Follow the flat gravel track along the side of the Tay Canal and through the woods to the dam. This hike is designed for anyone who has difficulty maintaining the pace on a regular hike. Families with children are also welcome. Depart Conlon Farm at **10am**. Gas \$2 Leader: Gill Hyland ghyland2@cogeco.ca 613 267 5756

Saturday, June 16 Cataraqui Trail: Forfar to Opinicon
Level 1, 12km. Moderate pace. Follow the rail trail across open fields, then through wooded areas to Chaffey's Lock. Depart Conlon Farm 9am. Car shuttle gas \$4 Leaders: Pat & Bert Stranberg pbstranberg@gmail.com 613 283 8735

Sunday, June 24 Manitou Mountain Trail Network, Calabogie Level 3, 11 km. moderate pace. Hike through pine forests and enjoy the spectacular views from various Calabogie mountain trails. Gas \$6. Depart Conlon Farm 8:30am. **Leaders: Howard & Mary Robinson** hmrob@storm.ca 613 256 0817

Volunteer Opportunity - Editor (Kingston or Central)

I am stepping down as Editor Kingston.

See Page 11 for details

Direct inquires to Steve Kelly 61342-1318

Level 1 activities are easy, level 2 intermediate and level 3 advanced, requiring experience and a high level of fitness. Please read "Participants' Responsibilities and Levels of Difficulty" (page 28) 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 make a voluntary contribution to the driver's gas.

Tell your friends!

Introduction to Hiking - Saturday, April 21, 2018

Nepean Sportsplex, 1701 Woodroffe Avenue, Ottawa

For Beginning Hikers

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

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

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

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

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

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

Registration starts March 15.

Friday, April 13 Ottawa Club AGM

St. Thomas the Apostle Anglican Church, 2345 Alta Vista Dr., Ottawa

6:30 pm Doors open

7:00 pm Business meeting

8:30 pm Guest speaker: Katharine

Fletcher, an acknowledged expert on Ottawa and the National Capital Region's human and natural history, She is the author of numerous articles and several **books including; Historical Walks: the Gatineau Park Story, Capital Rambles: Exploring the National Capital Region and Québec Off the Beaten Path.**

Important Dates (see the Activities Calendar for details)

Friday, April 13: Ottawa Club AGM

Saturday, May 5: Ottawa Club Trail Maintenance Day (rain or shine). Contact Michael Beaupre, true_redandwhite@live.com (pg. 23)

Saturday, April 21: Introduction to Hiking Course

Saturday, May 26: Rideau Trail Association AGM in Merrickville

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/contact/leader will provide more detailed information about the activities.

Tuesday-Evening Urban Walks From March 13 through April 24. There may be a refreshment stop after the walk for those interested. Note: Meet at the starting point of the hike as specified in the Activities Calendar at 5:45 to depart at 6 pm. Do NOT meet at Tunney's Pasture unless this is specified. Coordinator: Trudy Stephen, 613-828-9313. See the Activities Calendar for details.

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

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

Thursday-Morning Hikes These hikes resume in early April. For details of when and where watch the weekly e-notice. Generally these hikes will alternate between a level 1 on flat terrain and an easy level 2 on somewhat rough terrain. They are always about 2 hours long, which allows one to be home for lunch. For ideas or to volunteer to lead a morning hike contact Elizabeth Mason at 613-729-6596 or emmason283@gmail.com

Leaders: Waivers/sign-up sheets and incident report forms are available at rideautrail.org. Please forward completed sign-up sheets to daveaudette3@gmail.com. Wednesday Walkers, Tony Barnes will collect the waivers at fellwalkerca@gmail.com.

Emergency Assistance in Gatineau Park

Is it a life threatening emergency? Call 911! As a second step or for any other emergency, call 613-239-5353 or go to one of the Park shelters. Each shelter (except Shilly Shally) has an emergency radio communication **system**.

Park shelters are indicated by signs on the trails and are marked on the trail map.

ACTIVITIES CALENDAR OTTAWA CLUB

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 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 or 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 Loop course with the Central Club. Indoor lunch, possible late return. Gas \$9 plus park fee. Meet at Tunney's Pasture for a prompt 8 am departure. Leader: Steve Kelly, 613 422 1318 or stkelly@rogers.com

Saturday, March 10 Gatineau Park, Kidder Trail to 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, 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 some and maybe lots of trail-breaking. Meet at Tunney's Pasture at 9:15 am. Gas \$5. Leader: Ann Bolster, 613 828 5131 or ann_bolster@hotmail.com

Tuesday, March 13 Wellington West to Westboro

6 km starting from Tunney's Pasture at 5:45 PM heading west towards Westboro Beach depending on conditions. Leader: Joanne Tuttle, joannetuttle@rogers.com.

Saturday, March 17 Greenbelt, Jack Pine and Chipmunk Trails (Lime Kiln Blue Loop)

Level 1 snowshoe or hike with crampons; 8 to 10 km depending on conditions and route; about 3.5 hours at a moderate pace. Flat terrain; NCC trails 26, 25, and 28 from P11 (West Hunt Club Road). Outdoor lunch at the Flood Lime Kiln. Depart Baseline Park & Ride at 10 am. Gas \$2. Leader: Katherine Fournier, lou_daybreak@hotmail.com

Tuesday, March 20 New Edinburgh Historic Walk

About 6 km. Focus will be on some old churches in this area as well as some heritage houses and buildings. Meet in front of Books on Beechwood, 35 Beechwood Ave. at 5:45 PM. There is ample on-street parking around the area, and several buses serve the community. Bring water and a snack. Leader: Stephen Chappell, 613 612 0865

Saturday, March 24 Gatineau Park

Level 3 loop of about 15 km from Creager Rd. up the escarpment to the Pulpit. After that a hike to Bald Face then to Sky Turtle Lake, Farm Rock and then down the escarpment back to Creager Rd. The hike will be moderate to fast paced and over some steep and rough terrain with the possibility of bushwhacking. Bring microspikes, poles and layers depending on weather at that time. Meet at Tunney's Pasture at 8:15 for an 8:30 departure. Leader: Murray Fleming 613 668 7027 or kayakwash@gmail.com

Saturday, March 24 Ottawa's Industrial History - Urban Hike & Pub Lunch

Level 2, 15 km or 10 km if bussing back. Walk by Ottawa's industrial past: the log chute, old Water treatment plant, former sites of the Grand Railway station, JR Booth's Lumber cribs, Ottawa Electric Railway. Lunch will be in a pub in the market. Option to walk or take bus back to Tunney's. Depart Tunney's Pasture 9:30 am. Gas \$0. Dave Audette 613 601 2833, daveaudette3@gmail.com

Tuesday, March 27 Experimental Farm Ramble

Meet at Experimental Farm parking lot on west and north side of the Ornamental Garden parking lot, which is on the west side of Prince of Wales Drive, at 5:45 PM.. Leader: Trudy Stephen, 613 828 9313

Saturday, March 31 Gatineau Park from Cregheur Road

Level 2+ About 10 km from Cregheur Road. Some bushwhacking, good views, outdoor lunch. Meet at Tunney's Pasture at 9:15 am. Gas \$3. Leader: Na Lin, 613 601 4864 or linnakgh@yahoo.ca

Saturday, March 31 Greenbelt, Old Quarry Trail and NCC Trails

23, 24 and 25 Level 1, about 8 km, 3½ hours at a moderate pace. From P5 (Eagleson Road) snowshoe or hike on flat terrain and well-groomed trails. Outdoor lunch. Depart Baseline Park & Ride at 9:30 am. Gas \$2. Leader: Ethel Archard, 613 592 7733 or ethel.archard@sympatico.ca

Tuesday, April 3 Tom Brown Arena to Le Breton Flats and Return via Chinatown

Meet at Tom Brown Arena on Bayswater at 5:45 PM. Leader: Hazel Miller, 613 232 6558

Saturday, April 7 Gatineau Park, Survey and Beamish Hills

Level 2, 8 to 10 km and about 450 m total ascent. We will climb gradually from Kelly Road to the Triangulation Station (aka Survey Hill) for a great view, then head off-trail to a cabin for lunch. The return will take in a spectacular waterfall and the Beamish Hills, for more lovely views. If the terrain is very wet instead of snow-covered, the route may be shifted east, though still starting from Kelly Road, with less ascent. Check the weekly e-notice. Meet at Tunney's Pasture at 9:15 am. Gas \$3. Leader: Ann Bolster, 613 828 5131 or ann_bolster@hotmail.com

Tuesday, April 10 Greenboro Pathway

Walk 8 km on the Greenboro Pathway. Meet at Greenboro Community Centre, 363 Lorry Greenberg Dr. (one block north of Hunt Club Road) at 5:45 PM. Ample free parking or take Bus 98 Hawthorne, which stops in front of the Community Centre. Leader: Maureen Dawson, 613 226 3864 or maureen.dawson@rogers.com

Friday, April 13 Ottawa Club AGM

St. Thomas the Apostle Anglican Church, 2345 Alta Vista Dr., Ottawa

6:30 pm Doors open

7:00 pm Business meeting

8:30 pm Guest speaker:

Katharine Fletcher, an acknowledged expert on Ottawa and the National Capital Region's human and natural history, She is the author of numerous articles and several books including; Historical Walks: the Gatineau Park Story, Capital Rambles: Exploring the National Capital Region and Québec Off the Beaten Path.

Saturday, April 14 Gatineau Park, Meech Creek Valley/Healey Cabin/Pine Road

Level 2, distance 10 to 12 km, trail and road: start at Pine Road parking lot (P16), walk the open valley, past covered bridge, then uphill to Healey cabin for lunch/break; return via Pine Road. Meet at 9:15 at Tunney's Pasture. Gas \$3. Leader: Peter Haggerty, fw599@ncf.ca

Saturday, Apr 14 Rideau Trail - Lime Kiln Area

Level 1. 9 - 10 km on flat but uneven terrain. Hike the Lime Kiln blue loop of the Rideau Trail. At this time we may see deer enjoying the first fresh shoots of the season. Meet at Fallowfield Park & Ride to leave at 10 am or at P11 on West Hunt Club Road for 10:20 am. Bring a light lunch. It may be wet. Gas \$2. Leader: Elizabeth Mason 613 729 6596

Sunday, April 15 Gatineau Park, P7 to King Mountain - Looking for hills

Level 2+ About 8 km. Some exploration, lots of hills and views. Moderate to fast pace. Meet at Tunney's Pasture at 9:20 for a 9:30 departure. Gas \$3. Leader: Ann Lane, e.ann.lane@gmail.com

Tuesday, April 17 Mud Lake Conservation Area and Britannia Village

Enjoy the sounds of the birds settling in for the night and maybe spring peepers. About 6 km. Meet near Pizza Pizza at Lincoln Fields Shopping Centre, northeast corner of the parking lot on Richmond Road at 5:45 PM. Leader: Ann Bolster, 613 828 5131 or ann_bolster@hotmail.com

Saturday, April 21 Introduction to Hiking Course (see page 19) Full-day course at the Nepean Sportsplex. \$60 for RTA members, \$85 for non-members. Visit rideautrail.org/introtohiking

Saturday, April 21 Gatineau Park, Capuchin Chapel and Carbide Willson Ruins and Waterfall

Level 1 at a moderate pace, 8 km, 3½ hours. Starting at P11 (O'Brien parking) hike the Discovery Trail (#36). Some gentle ups and downs. Outdoor lunch the Capuchin Chapel. The waterfall at the Carbide Willson Ruins is spectacular at this time of year. Meet at Tunney's Pasture for a 9:30 am departure. Gas \$3. Leader: Ethel Archard, 613 592 7733 or ethel.archard@sympatico.ca

Saturday April 21 Gatineau Park, Many Trails from P12

Level 2, hike 15 km at a fast pace. From P12, take several trails to Western Cabin for lunch, then back to P12 via additional trails. Some steep, rugged hills; rocky and uneven ground that could be slippery; marshy areas and possible water hazards. Meet at Tunney's Pasture for departure at 9:30 am. Gas \$3. Leader: Carol Seal, carol.seal.613@gmail.com or 613 291 7547

Sunday, April 22 Adopt-A-Road Clean-up

5.5 km of road allowance along Roger Stevens Drive, west of North Gower "rain or shine". Those interested are invited to join us at the Marlborough Pub in North Gower for refreshments/lunch after the clean-up. Kindly register in advance so that enough equipment can be provided by emailing the leader, Brian LaDuke, at yellow.bumper@hotmail.com or calling 613 534 8535. Alternate contact: Denise Hall, rebeccahall@rogers.com or 613-843-8222. Meet at Fallowfield Park & Ride for a 9 am departure. Gas \$5.

Tuesday, April 24 Rockcliffe/New Edinburgh Exploratory

Meet at New Edinburgh Park, 192 Stanley Avenue. Leader: Pat Archer, 613-565-6149

Saturday, April 28 Gatineau Park, King Mountain

Level 2, distance 7.5 km. Starting at P7, hike up and down hills to Black Lake, then to a lookout near the top of King Mountain for lunch with a panoramic view of the Ottawa River. This hike includes vistas of the Ottawa Valley and downtown Ottawa, including the Parliament Buildings. Meet at Tunney's Pasture to depart at 10 am. Gas \$3. Leader: Ethel Archard, 613 592 7733 or ethel.archard@sympatico.ca

Saturday April 28 Gatineau Park, Twin Pines to Twin Lakes

Level 3 hike of 13-14 km at a moderately fast pace depending on terrain. Start from Masham-Eardley rd with the objective of circling The Twin Lakes. Preview trails that the NCC plans to make official and experience scenic lake views. Much of this is on faint trails with some rugged and hilly parts, good boots essential, outdoor lunch. Meet at Tunney's Pasture for

departure at 9:30 am. Gas \$5.
Leader: Jim Leeson,
jleeson@bell.net or 613 829 1083

Sunday, April 29 Gatineau Park, Hollow Glen Area

Level 2 to 2+ hike to see several waterfalls, Old Champlain Lookouts, etc. Approximately 9 km. Some climbing, mostly on trails. Some possible bushwhacking with a stream crossing. Guaranteed good views. Outdoor lunch. Meet at Tunney's Pasture to depart at 9:30 am. Gas \$3. Leader: Denise Hall, 613 843 8222 or rebeccahall@rogers.com

Sunday April 29 Paddling: Mississippi Lake Moonlight

Note start point & time. Contact Leader if interested as timing will shift if heavy overcast
About 10 km, flat water, level 2 (cold water: PFD use required). Evening paddle in the Mississippi Lake National Wildlife Refuge finishing just after dark, timed for wildlife and to see the moonrise. Fishing season closed, so should be few boats, and hopefully will be before bugs have come out. Bring a light for takeout. Depart 5 pm from Carleton Place Canadian Tire lot next to the corner of Hwy. 7 and McNeely Avenue. Expect to be off the water about 9 pm. Leader: Kevin Reynolds, kevinjunk9@gmail.com or 613 258 1337

Tuesday May 1 Gatineau Park, Lac des Fées from P3 (Gamelin Blvd.)

Level 1; 7 km at a slow pace. Sunset 8:09. Gas \$2: Leader: Katherine Fournier, lou_daybreak@hotmail.com

Saturday, May 5 Trail Maintenance Blitz

Help our trail maintainers get their segments of the Rideau Trail in top condition. If you have not pre-registered with Michael Beaupre

meet at Fallowfield Park & Ride, NW parking lot, at 8:00 am. Boots and work gloves recommended. Trail maintenance 9:30 to 12:30, followed by lunch at Terry Carisse Park off Steeple Hill Crescent (Richmond). Hot dogs/hamburgers with drink and chips provided by the RTA. Contact/coordinator: Michael Beaupre, true_redandwhite@live.com

Sunday, May 6 Gatineau Park, Cregheur Rd. to Lusk Falls and return

Level 2. About 12 km on faint trails. Moderate to fast pace. Meet at Tunney's Pasture at 9:20 for a 9:30 departure. Gas \$3. Leader: Ann Lane, e.ann.lane@gmail.com

Tuesday, May 8 Gatineau Park, Lauriault Trail from Mackenzie King Estate

Level 2; 5 km. Sunset 8:18. Gas \$3. Leader: Hazel Miller 613 232 6558

Saturday May 12 Gatineau Park, Long Way to King Mountain

Level 2, hike 16 km at a fast pace. From the Visitor Centre, take trail #1 and a couple of faint trails to King Mountain for lunch, then back to our starting point. Expect muddy areas, steep hills, and lots of roots and rocks. Meet at Tunney's Pasture for departure at 9:30 am. Gas \$2. Leader: Carol Seal, carol.seal.613@gmail.com or 613 291 7547.

Sunday, May 13 Gatineau Park, Faris Creek and Luskville Falls

Level 2+, ~ 12 km, 300 m ascent: From Luskville Falls parking, walk road and ascend Faris creek to Ridge Road, lunch/break at McKinstry lodge, continue to fire tower and descend Luskville Falls trail. Expect wet footing at base of escarpment and en route. Meet at Tunney's Pasture at 9:20 for a 9:30 departure. Gas \$4 Leader: Peter Haggerty, fw599@ncf.ca

Tuesday, May 15 Gatineau Park, Skyline Trail from P7

Level 2; 7 km. Sunset 8:28. Gas \$3. Leader: Dora Ashiq, 613 792 4966

Saturday, May 19 Gatineau Park, Dragonfly Lake

Level 3. About 10 km. From Pilon Road up the west ridge of Chartrand Creek, then up the hill to Dragonfly Lake for lunch. From there we'll wander eastwards, eventually returning via the Yellow Box (this route might be changed if conditions are wet). Depart from Tunney's Pasture at 9:30 am. Gas \$4. Leader: Graham Creedy, 613 789 1657

Saturday, May 19 Gatineau Park, Tomato Hill

Level 2, 8 km at a moderate pace from the sand pit on Eardley-Masham Road on faint trails and some bushwhacking. Spectacular viewpoints of the Ottawa River Valley. Bring bug spray and/or net and wear good boots. Outdoor lunch. Depart from Tunney's Pasture at 9:30 am. Gas \$5. Leader: Frances Smith, fk921@ncf.ca

Tuesday, May 22 Wakefield, Newer Trail

Level 2; 7 km. Sunset 8:34. Gas \$3. Contact hike leader for directions if going directly to trailhead. Leader: Dora Ashiq, 613 792 4966

Saturday, May 26 RTA AGM in Merrickville

See page 15 for more details

Sunday, May 27 Ottawa River Pathway East

Level 1. About 8 km. Hike the eastern portion of the Ottawa River Pathway from P7 to Greens Creek and return. Bring a snack. Meet at 9:20 at P7 on the Sir George Etienne Cartier Parkway (north side about 2 km east of the Aviation Parkway) or contact leader for bus information and

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

Tuesday, May 29 Gatineau Park, Pink Lake to Mackenzie King Estate

Level 2; 7 km. Sunset 8:41. Gas \$3. Leader: Hazel Miller, 613 232 6558

Saturday, June 2 Manitou Mountain, Calabogie

Level 3, distance to be determined. Lots of often steep **ups and downs** on rough trails. Depart from Tunney's Pasture at 9 am. Gas \$8. Leader: John Haley, 613 225 0590

Saturday, June 2 Gatineau Park, Étienne Brûlé Lookout

Level 2, moderate pace on well-marked trails, 9 km, 3½ hours. Bring bug spray and/or net, lunch and water. Wear good boots. Depart from Tunney's Pasture at 9:30 am. Gas \$3. Leader: Katherine Fournier, lou_daybreak@hotmail.com

Sunday, June 3 Wolf Trail to the Pulpit

Level 2, moderate pace, 8 km. From P13 at the far end of Meech Lake by Blanchet Beach we take trail 62 in a counter clockwise direction to the Pulpit. After an outdoor lunch with a great view of the Ottawa River Valley we continue on trail 62 back to P13. Meet at Tunney's Pasture at 9:15 for a 9:30 departure. Gas \$3 Leader: Bob Smith, 613 225 1358 or rsmithdsl@magma.ca

Tuesday, June 5 Gatineau Park, Mine Road to Pink Lake

Level 2; 8 km. Sunset 8:47. Gas \$3. Park on Marie Burger: right turn from Mine Road. Leader: Dora Ashiq, 613 792 4966

Saturday, June 9 Gatineau Park, All Around Lac Philippe

Level 2, 10 km approx. From P19 we will take trail 73 going clockwise. Lunch at the south end of the lake. Possible swim here if the weather is warm. Return along the road and then rejoin trail 73 back to the cars. Bring water, lunch and insect repellent. Meet at Tunney's Pasture at 9:15 am for 9:30 departure. Gas \$5. Leader: Grace Hyam, 613 829 7252 or dr003@ncf.ca

Saturday, June 9 Paddling: Otter Creek off Rideau River

Level 1, about 4 hours. This will be an out and back flat-water trip through mostly wetlands, starting from Edmunds Locks. Should still have some spring bird activity. Plan for a rafting lunch as there will be few places to get out. Depart Smiths Falls Memorial Community Centre parking lot behind the building (against Landsdowne Street) at 9:30am. Leader: Kevin Reynolds kevinjunk9@gmail.com, 613 258 1337

Tuesday, June 12 Gatineau Park, P16 to Healey Cabin

Level 2; 10 km. Sunset 8:51. Gas \$3. Leader: Hazel Miller, 613 232 6558

Saturday, June 16 Gatineau Park, Carman Overlook and Brown Lake

Level 2, 8 km; 2 leaders, 2 paces,, moderate and fast. Hike end to end between P15 and P17, mainly on the shady, up and down snowshoe trails. Lunch either at the picturesque Carman overlook or, if the water is warm enough for a quick swim, at Brown Lake, where the drivers will exchange car keys. Meet at Tunney's Pasture no later than 9:15 am to depart at 9:30 am.

Gas \$4. Leader: Ann Bolster, 613 828 5131 or ann_bolster@hotmail.com

Saturday, June 23 Marlborough Forest, Doug's Wildlife and Birding Hike

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

Tuesday, June 26 Gatineau Park, P12 to Western Lodge

Level 2; 8 km. Sunset 8:55. Gas \$3. Leaders: Paul Emile Chaisson, 613 230 8800, and Carol Hamilton, 613 224 7778



Welcome New Members

November 1, 2017 to January 31, 2018

Central

Joan Berger & Holly Perry -150 Challenge
Joyce Buckley
Dorothy Forrester & Bob Chittick
Gwendolyn Kaufman

Kingston

Rusty Bassarab 150 Challenge
Monica Burger
Karen & Jeff Burns
Phil Dautre & Donna Chisholm
Tessa Clarke
Paul and Shane Curless -150 Challenge
Henry Becker & Andrée Desbarats
Randy Emmons
Max Esau- 150 Challenge
Trish Krause & Nancy Evans
John Frederiksen
Skyler Freeman
Leslie & Susan Chamberlain
Xiao Lin Kee
Zena Lauzon
Dan Lynch -150 Challenge
Valerie & Barry Malsten
Keith Marchildon
Ruth McCulloch
John McNinch
Barbara & Perry Metaxas
Monica & Jeff Miller
Fran Wubben & Sue Northmore -150 Challenge--
Lorna Rae
Dr Floyd W & Tokyo M Rudmin
Chantal St-Amour -150 Challenge
David Staples -150 Challenge
Anne Turnbull

Non-Affiliated

Petr Bakus
Jonathan Fung -150 Challenge
Trevor Lack
Sarah Learmonth -150 Challenge
Thomas McGregor
Rebecca Ng - 150 Challenge
Elizabeth Sherlock -150 Challenge
Morella Tuckler -150 Challenge

Ottawa

Scott Acker
Yi Bai -150 Challenge
Teresa Maria Boers
Celia Bond -150 Challenge

Angela Bourne
Catherine Brophy

Stephen & Julia Brush -150 Challenge
Beth Cainen -150 Challenge
Steve Cole -150 Challenge
Suzanne Cordukes -150 Challenge
Nicholas Curcumelli-Rodostamo -150 Challenge
Clifford Daly
Mureille Desmarais
Carole Dolan
Christopher Doris
Daniel L Cavey & Jessica Durepos
Sarah Edwards
Yi Fang -150 Challenge
Tina Marie Sullivan & Russell Fewings -150 Challenge
Hugh Gale
Marilyn Glenn
Christian Grothe
Elissa Guy -150 Challenge
Michelle Hughes -150 Challenge
Anna Jasiak
Nadia Kang
Alexa Keating -150 Challenge
Adriana Kievit
Denis Labelle -150 Challenge
Ba Lamthien
Kyle Sonntag & Stephanie Lang -150 Challenge
Natalie LaSalle
Claire Lepage
Joan Lynch
Samantha & Thomas McClung -150 Challenge
Jon Moher -150 Challenge
Eileen Mortimer -150 Challenge
Sanh Hy Thi Nguyen
David Paton & Susan Padmos
Sarah Ashley Alain & Stefan Peev
George Williams & Brette Peters -150 Challenge
Erma Petrova
David Hall & Liette Philippe
Steve Pike
Kevin Quinn
Vanessa Racine -150 Challenge
Réjanne Saunois
Colleen Scott -150 Challenge
Colin Smith
Ingrid Stott -150 Challenge
Helen Su -150 Challenge
Elaine West
Ann White
Jaclyn Whittington - 150 Challenge
Jessica Xu -150 Challenge
Xia (Echo) Xu -150 Challenge

Highlights of RTA Board Meeting
McMartin House, Perth, January 20, 2018
By Denise Hall, Ottawa Rep.

President: Brian Grant talked about his first 8 months as elected president as one being a learning experience, challenging and enjoyable. He stressed the need for all three clubs to work together by sharing ideas and working cooperatively to make the RTA the best it can be. He is working on a number of initiatives to make meetings more efficient such as using a consent agenda, motions provided in advance of meetings with background information, etc. He also talked about planning for the 2018-19 fiscal year. Direction of initiatives will come about from recommendations by the Strategic Planning working Groups that are adopted by the Board. Clubs will be asked to identify their main tasks for the next fiscal year keeping in mind the Board initiatives and coordinating their budgets accordingly.

Membership: Bill Ottney - A motion was put forth and passed that the Rideau Trail Association Membership Report include data on the actual number of members and the Association as a whole. Family memberships include two members. Currently the total number of memberships is 1184, while the total number of members is 1458. This will give us a more realistic picture of how many people we are serving and our impact in the community.

Marketing and Communications: Paul Galipeau gave kudos to David Batchelor and Michael Beaupre for taking over and managing trail alerts on our web page very well. He reported that 2017 vs. 2016 saw a 4% increase in users of our web page. Paul welcomes any RTA activity photos to post on social media to boost our profile.

Treasurer: Lorraine Farkas reported that we are in good shape for the year. Revenues from memberships are higher than expected, while expenses on Marketing and Communications are also higher than expected. Donations in memory of John Cornish are increasing revenue and surplus for now but will likely targeted to be spent on a special project. Lorraine is exploring the creation of an informal finance committee to deal with various issues as they arise i.e., presentation of financial statements, mileage rates, cheque signatures.

Trail Coordinator: David Batchelor reported that as a result of our insurance company's decision, the Bedford Mills ferry has been decommissioned. There is already a blue loop in place which can get one around the pond that the ferry used to traverse. The maple syrup for landowners has been very well received. Mike Beaupre, trail coordinator of the Ottawa section has been researching 5-PT Tear Away safety vests with our name on it for volunteer maintainers. David presented a motion to the Board that we invest in purchasing these vests with the understanding that we should be prepared for an initial request of up to 60 vests.

Newsletter: Steve Kelly proposed that we increase costs for our advertisers on a yearly basis using the cost of living as measured by the CPI (Consumer Price Index) to avoid presenting a large increase all at once. A discussion followed and a motion was put forth to increase the advertising rates effective immediately in the Spring issue, 2018 in accordance with the cost of living increase as measured from the CPI from the past year. The motion was carried.

Club Reports:

Ottawa: Sandy Freeman reported that a Volunteer Appreciation event was held for volunteers and landowners on Nov. 9th, 2017. An Ottawa Club Executive member is investigating the possibility of revising the colour of the Ottawa End to end badge. An email was sent in early December to the Ski Heritage East community organization to help them in their bid to have Ottawa City Council approve the creation of an 8 km multi-use trail running parallel to the Ottawa River pathway from Green's Creek to Trim Road. Upcoming events include Ottawa's AGM on Friday, April 13th, another Introduction to Hiking Course on April 21st, and a second annual Garbage Clean-up blitz on May 5 with a barbecue for volunteers afterward.

Central: Gill Hyland reported that Central Club's Christmas dinner was well attended and a huge success. A potluck social slide show is scheduled for Feb. 10th at McMartin House showcasing a member's Utah hikes. Central's AGM is scheduled for April 14 at the Perth Legion. Last year Central almost doubled the number of Central end to end badges that were sent out. Central is looking into hosting an information table at the Festival of the Maples in April to publicize our club.

Kingston: Kingston will be in need of a secretary as of February, 2018. The current secretary, Jane Neil will be moving to Manitoba soon. Linda Line, Special Events Coordinator, has been busy planning our RTA-AGM. The program has been set and will take place on Sat., May 26th at the Legion in Merrickville. As for other social activities the Christmas Pot Luck Party held on Dec. 16, 2017 was a success. A Spring Pot Luck Party has not been scheduled this year. A Landowners and Volunteers Appreciation Party will be held on Sun., Jan. 28th and the Kingston AGM will take place on Sat., April 28th at the Gananoque Curling Club.

Other:

The Risk Management Committee headed by David Batchelor has been busy reviewing our insurance and comparing it with coverage through Hike Ontario. The committee has also been collecting information and documentation about the RTA and is also gathering information on similar organizations. A catalogue of risks has begun and the committee is identifying ways to minimize these risks and prioritize them. Two motions were put forth and accepted by the Board. One motion was to renew our insurance coverage with our present broker for the 2018-2019 year. Motion #2 - All new types of activities and all new structures to be built on the trail must be presented to the insurer (through the Risk Management Committee) before they can be implemented.

Strategic Planning: Updates were given on the 2 strategic issues that the Bd. has decided to focus on namely: 1. Securing the optimum route for the trail and 2. Improving organizational management, accountability and effectiveness. The committees for these two issues are continuing to hammer out more detailed action plans.

NEXT BOARD MEETING: SATURDAY, APRIL 21

ACCESSIBLE HIKING

Written by Pat Batchelor

The Ottawa Club began to offer accessible hikes in 2015. They were defined at that time as hikes that would be suitable for people in wheelchairs, those with limited mobility or anyone who enjoys a pleasant walk in beautiful surroundings. It has been a successful and enjoyable initiative and certainly a major learning experience.

In the Central Club a chance remark at the Christmas Social brought to our attention that folks who used to hike and take a leading role in our club are no longer able to do so. We were asked to provide occasional trips for our less mobile members. So, we have planned outings to areas where walkers and wheelchairs can be used. We want to celebrate these members and not forget how much they've given to our organization. We have found that these hikes bring out people we've not seen for a long time and the smiles are well worth the effort in planning.

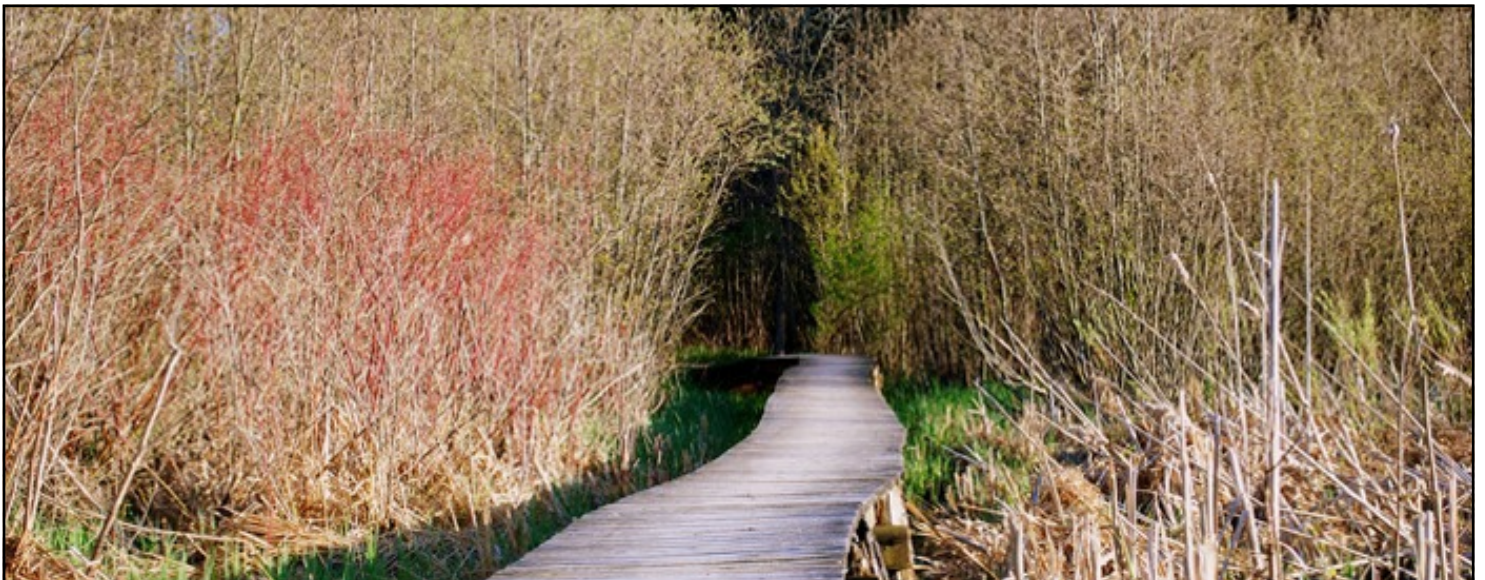
For the Ottawa Club, one of the first tasks was to locate appropriate trails. They even met with National Capital Commission officials to explain the concept and seek their support for working on trails that were mostly accessible but that needed minor modifications. Although the NCC was supportive of the idea, they have yet to begin this process of adapting trails and it remains a logical next step. Currently the Sarsparilla Trail in Stony Swamp is designated as fully accessible, and the nearby Beaver and Chipmunk Trails are also largely suitable. The Sugarbush Trail in Gatineau Park is, at the moment, the only one in the park that has been found to be appropriate. Pine Grove and Mer bleue trails are also largely accessible, although both have sections of some trails that pose challenges, especially for wheelchairs. The Arboretum in Ottawa is an accessible area.

Areas that lend themselves to accessible outings around Perth include the Rideau Trail through the town; the blue trail at Beveridge Dam; the main trail through parts of Smiths Falls; many of the local provincial parks; the Round Garden and Lanark Lodge trail; and Purdon Conservation Area which is famous for the spring display of lady slipper orchids. Foley Mountain Conservation Area has a purpose built short accessible trail.

There is a lot to think about when planning these outings: terrain, suitable surfaces, barriers such as gates and steps, location of washrooms and parking. Research can be done on line through the websites of the towns and parks.

Although the accessible hikes in Ottawa began as an alternative for an RTA member who ended up in a wheelchair as a result of an accident - and we anticipated that most participants would likely be new to any type of hiking - the majority of hikers who came out for accessible hikes have turned out to be RTA members who are no longer able to do the kinds of hikes the club generally offers.

This provides an important lesson and opportunity for the RTA. Participants on accessible hikes have universally expressed appreciation for RTA hikes that meet their changing needs. This group will continue to grow within the RTA and it makes sense for all three clubs, and the association as a whole, to explore ways of meeting this need through more regular offerings, an expanded list of appropriate trails (and leaders) and even a range of accessible hikes similar to the level rankings currently in use.





PM40022816

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

End-to-End Badges

If you have completed the Rideau Trail end to end from Kingston to Ottawa, and would like to receive a badge at the May 26, 2018, Annual General Meeting, please notify Board Secretary Liz Choros (lizchoros@gmail.com, 613-224-9064) by May 20. Badges will be mailed after the AGM to those hikers who were unable to attend the meeting.

Members wishing to receive a Kingston, Central, or Ottawa section end-to-end badge should contact the designated person at the club.

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.

Ruth Hutchinson was an active member & hike leader since 1991 with the Ottawa Club. She completed the End-to-End twice; the most recent in 2005, as well as completing the Winter End-to-End in 2008. Ruth's love of hiking and her adventurous spirit also led her to complete various hikes outside the Rideau Trail, such as the Sentier Notre-Dame, Kapatakan Trail in Quebec. She also ventured a good portion of the Camino de Santiago while undergoing chemotherapy. Sadly, Ruth passed away on January 27, 2018.

Her enthusiasm and encouragement to fellow hikers will be greatly missed.



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