



Rideau Trail

NEWSLETTER

Fall 2018

Issue No. 189



Re-route with a View

Attractive Solution Benefits the Trail

Outstanding Service Awards 2018



Ethel Archard with Brian Grant (l) and Ron Hunt. PHOTO: KEVIN CHAPMAN

Bob Schofield presents to Linda Line PHOTO: KEVIN CHAPMAN



Ethel Archard - Ottawa Club

For at least 10 years, Ethel has led all kinds of outings for the Ottawa Club.

Beyond serving on the Club Executive, Ethel has been an excellent ambassador. She published a story in the Heathwise Ottawa magazine, about the Rideau Trail. Ethel obtained airtime on the Rogers TV community channel and promoted the Rideau Trail Association, and the Introduction to Hiking course offered by the Ottawa Club. In all respects, she has been instrumental in the success of that initiative.

Thank you Ethel, for your exemplary service to the Rideau Trail.

Linda Line - Kingston Club

For the past 15 years, Linda has been Kingston's Special Events Coordinator. Landowner appreciation events, annual meetings and Club socials: Linda organized them all with military precision. She's made the Club look good, every step of the way.

Pat Batchelor - Central Club

Pat Batchelor has always been that dependable, knowledgeable person who would willingly volunteer to tackle whatever was needed to be done to support the Club.

As activities coordinator Pat moved our Club's performance to a whole new level, through her initiatives with our hike leaders. We are now offering safer and more numerous hikes, in more places, to more hikers, with more qualified hike leaders, than ever before. That's Pat's legacy.

Pat has been that rock of wisdom, good judgment and selfless volunteerism, that every club wishes it had more of. This recognition is well deserved. Thank you Pat.



Pat Batchelor
PHOTO: M. GRANT

Association Award

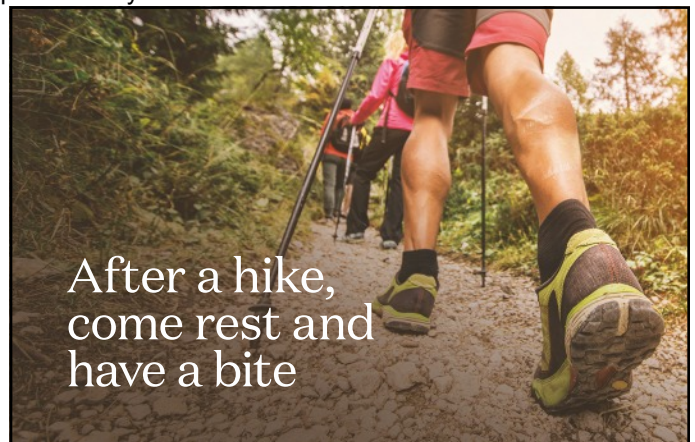


Steve Kelly - Newsletter Editor

In the Ottawa Club, Steve is best known as a busy volunteer in winter, serving as the contact person and often the leader of weekly, impromptu ski tours in Gatineau Park. He often takes the time to encourage and assist others in their quest to participate in this sport, through individual lessons and novice ski outings.

Since 2014 when colour was introduced to the Newsletter, the RTA has known Steve as one of the Newsletter Editors, producing the winter and summer editions. Until we find a second editor, Steve will also be looking after the spring and fall issues. He is a team player and certainly deserving of this Outstanding Service Award!

Steve with Brian Grant and Denise Hall: MARGARET GRANT



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Association News

Highlights of Annual General Meeting

Royal Canadian Legion, Merrickville, May 26, 2018

BY DENISE HALL

Facts

- 10 am to 12:30 pm, with 84 members
- Legion-catered lunch, onsite

About the Trail

- Beveridges Dam (Perth) reopened
- Wet year in 2017

Members

- 150+ completed the Challenge
- Awards and recognition for service, and End to End success



STEVE KELLY PHOTO

- Safety and training improved for Trail Maintainers

- Recognizing founder Doug Knapp, through a contribution to the Kingston Library backpack program to promote family and youth participation in physical fitness and appreciation of nature

Administration

- Improved relations with Parks Canada/Rideau Canal
- Identified importance of Securing our Trail and improving

Have you shared your evaluation of any Trail segments? Your input is requested.

our Organizational Management.

- Successful liaison with landowners
- Vacant positions: Vice-President, Treasurer, Newsletter Editor, Kingston Club Chair

Afternoon Activity

- Merrickville: a guided historical walk
- Limerick Forest hike

- Rideau Woodland Ramble
Garden Centre & Display Gardens



STEVE KELLY PHOTO

Changes to the Board of Directors

Leaving, with our thanks

Liz Choros, Secretary
Gill Hyland, Club Chair
Jane Moore, Newsletter Editor
Robert Groves, President
Robert Schofield, Club Chair

Welcome to the Board:

Joyce Davis, Central Club Representative
Dorothy Hudson, Vice President (interim)
Ruth Oswald, Secretary

See the new Board (and the vacancies) on page 5.



LINDA LINE PHOTO

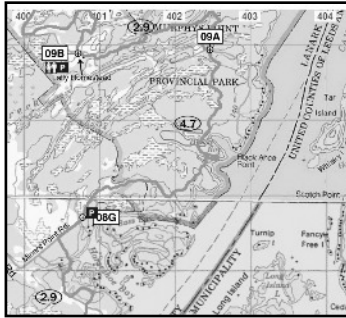
Social and farewells at the Legion

News from the Trail

Reroute at Murphys Point

(Cover story)

Between Perth and the Rideau Lakes, the Rideau Trail passes through Murphy's Point Provincial Park. Since May, it follows a new path which bypasses a land of swamps and beaver dams. The previous route was becoming increasingly tricky to negotiate safely. In addition to these improvements, the 5 km new trail provides a spectacular view of Big Rideau Lake.



(SEE MAP ON BACK COVER)

Similarly, the RTA is very pleased with the active support we've enjoyed from Murphys Point and its staff. This exciting reroute would be impossible without their help. Special thanks go to Park representative, Tobi Kiesewalter, and our leaders from the Rideau Trail, Jim Lorimer (Kingston) and David Batchelor (Central). Their cooperation and the trail work of many members created and opened the new path in time for use this spring. Well done, everyone!

The Rideau Trail Association is most grateful to the Monastery for allowing us across their land over the years.

Notes from Trail Alerts

August 1, 2018, Map 14. The bridge in Burritts Rapids is now open to traffic and pedestrians.

July 27, 2018, Map 11. Caution! A firing range has been set up between points 11C and 11D to the west of where the trail makes a sharp turn.

June 14, 2018, Maps 2, 5, 8 and 9 and the text file have been updated, to describe the trail. Maps 2 and 5 were updated to remove the former campsites.

Mar 15, 2018, Map 08. The Trail between point 8E and point 8F crosses a beaver dam that is breached. A larger dam approximately 100 metres upstream can be used.

Nov 30, 2017, Map 06. Part of the main trail north of Bedford Mills (between points 6D and 7A) has been closed and the ferry is not available. Follow the blue trail marked "Ferry Bypass Blue Loop".

2018 Hunting Seasons

The hunting season runs throughout the fall, with the season for migratory birds and other game birds running from mid-September to the end of December.

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

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

Mid-November: Deer hunting with high velocity rifles is permitted for this period in rural and forested area to through which the Rideau Trail runs.

Early December: Deer hunting using bows or muzzle-loading guns only is permitted. (Bow Hunters also may be permitted at other dates Oct. 1 to Dec. 31)

Additional info:

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



Boardwalk construction near Ottawa's Paden Rd. Is well underway. STEVE KELLY



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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.

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

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Winter Newsletter: **Deadline November 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, newsletter@rideautrail.org,
(613) 422-1318.

Board of Directors

President: Brian Grant, Ottawa
(613) 225-8770 president@rideautrail.org
* VACANT POSITIONS WITH TEMPORARY APPOINTMENTS *
Vice President: Dorothy Hudson, Smiths Falls
hudsondorothy44@gmail.com
Treasurer: Lorraine Farkas, Ottawa
lorraine.farkas@sympatico.ca
Secretary: Ruth Oswald, Orleans
(613) 590-7467 secretary@rideautrail.org
Membership Director: Bill Ottney, Smiths Falls
(613) 858-3183 membership@rideautrail.org
Trail Coordinator: David Batchelor, Perth
(613) 264-1559 trailcoordinator@rideautrail.org
Marketing/Communications: Paul Galipeau, Ottawa
(613) 255-8760 marketing@rideautrail.org

Club Chairs:

Central: Jack Tannett, Perth
(613) 466-0417 central@rideautrail.org
Kingston: * VACANT *
kingston@rideautrail.org
Ottawa: Sandy Freeman, Ottawa
(613) 225-2940 ottawa@rideautrail.org

Club Representatives:

Central: Joyce Davis, Portland
(613) 272-2848 jbdavis98@rideau.net
Kingston: Lars Thompson, Kingston
(613) 389-8747 thorlarsen@cogeco.ca
Ottawa: Denise Hall, Ottawa
(613) 843-8222 rebeccahall@rogers.com

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Central/Kingston/Alternate: * VACANT *
Ottawa: Steve Kelly, Ottawa
(613) 422-1318 newsletter@rideautrail.org

Central Club Executive

Chair: Jack Tannett
Past Chair: Gill Hyland
Vice Chair (Board Rep.): Joyce Davis
Secretary: Mary Robinson
Treasurer: Gayle Truman
Trail Maintenance: Bert Stranberg
and Peder Krogh
Routes and Negotiations: David Allcock and Joy Sterritt
Activities: Maida Murray
Publicity: Gaele Giraudeau
Social Conveners: Barb McIntyre
and Elisabeth Kuiper
Director at Large: Dorothy Hudson

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Construction: Jim Lorimer
Maintenance: Stan Huff
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Human Resources: Lorna Deyo
Landowner Relations: Sharon Yaworski
Member at Large: Pascale Champagne
Newsletter Editor: * VACANT *

Ottawa Club Executive

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Vice Chair: * VACANT *
Club Rep.: Denise Hall
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Landowner Liaison: Lianna Cousins
Activities: Dave Audette
Publicity: Adam Crupi
Members at Large: Kerstin Bjarbo, Lorraine Farkas,
Brian Grant
Newsletter Editor: Steve Kelly

Association News

Highlights of RTA Board Meeting

Algonquin College, Perth, June 24, 2018

BY DOROTHY HUDSON, ACTING VICE PRESIDENT

Trail Updates

- Five kilometres of new trail opened, through Murphy's Point Provincial Park. Includes lookout over Big Rideau Lake (see page 4)
- Paden Rd. Boardwalk construction has begun

Club Activities

- Current End to End series offers inter-club activity
- Denise Hall (Ottawa) has organized a weekend of Rideau Trail hiking, focused on Frontenac Park - October 12 to 15
- Ottawa proposes some revisions for the Hike Leaders' Guidebook - maybe others would like to contribute - navigation skills and current hazards (ticks, poisonous plants, etc.) are key issues

Board Issues

- Need to ensure compliance with legal requirements for Board meetings, responsibilities, decisions and submission of documents to government agencies
- Succession planning to be led by Brian Grant and Dorothy Hudson
- **Ron Hunt** led a workshop for Board members on issues around succession planning that identified key issues:
 - Maintain a Nominating Committee
 - Use targeted recruitment
 - Ask identified individuals

Treasurer - no report

Important Motions

- Dorothy Hudson appointed Vice President on interim basis
- Lorraine Farkas accepted appointment as Treasurer, up to October 2018.
(Positions are still available)

Other Notes

- July 20: Free admission to Ontario Parks
- Sept. 28-30: Ganaraska Trail will host 2018 Hike Ontario Summit
- Development of a Trail app is under consideration

Next Meeting: Tuesday, Sept. 11



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Participants' Responsibilities

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

Levels of Difficulty

Hiking/Snowshoeing

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

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

Level 3 Rough Terrain. One 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.

Phone: 1-709- 334-2208

Fax: 1-709- 334-3601

email: brownrabbitcabins@nf.aibn.com

www.brownrabbit.nl.ca

Remembering Moira Drummond



BY (LYNN NOLAN AND LARS THOMPSON)

Moira Drummond, Rideau Trail member since the 1970s, did it all: long hikes on weekends, short ones on Wednesdays, and she walked the Trail from end-to-end, but even more remarkable she captured her love of nature with sketches for our newsletter, the Cataraqui Regional Conservation Authority, and admirers.

In Wales during WWII, Moira found that hiking and biking let her escape the stress of nursing the wounded. She later continued her nursing career at Kingston General Hospital.

Moira had a great capacity to organize. Often she maintained trails and assisted with construction, especially the difficult "boardwalk project" north of the original Kingston trailhead. She began a monthly seniors hiking group for the CRCA called the "Brown Baggers" - for bird watching, or viewing spring flowers or

fall colours. As her daughter Lesley says, her mother believed "it gets people out who wouldn't necessarily go on a hike and allows them to socialize."

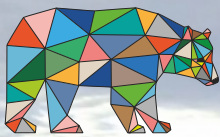
Her dedication to health and welfare went beyond the RTA. She was a member of the Kingston Field Naturalists, Kingston Seniors Association and ran a Widow's Outreach Network, as well as other volunteer organizations. Although modest about her achievements, she was voted a Senior of the Year in Kingston. Moira Drummond was President of the RTA Board from 1984-86.

Most fitting, a bench dedicated to Moira near the CRCA Outdoor Centre was the site of a celebration of Moira's life last year.



LYNN AND LARS ARE WELL-KNOWN CONTRIBUTORS TO THE RTA FROM KINGSTON





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Members Corner

Boots for sale: Nearly new, Gortex Vasque, ladies 8-1/2. sandyjfreeman104@gmail.com

Tips: Review the contents of your pack (extra water, socks, first aid, rope, a kitchen sink...)
Check for Trail updates and Maps
Remember the Trail text descriptions. They advise of local signs and other navigation tips.

E-Mail tip: Use bcc for a group, unless you know everyone is comfortable with sharing addresses.

Are you interested in either overnight trip planned for October?

Remember there are some store discounts for RT members.

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 5).

Welcome New Members

Central Club

Susan & Craig Athrens
Connor Renouf &
Rebecca Carew
Louisa Coates
Laurel Herwig

Kingston Club

Ben Angle
Joyce & Wayne Brown
Matthias Chan
Debbie Radloff Gabriel
Peter Greenaway
Maria Joly
Elizabeth Lennox
Deanike Maryanne
Lynn & Brian Middaugh
Kevin & Allison Mumford
Lawrence Po
Lori & Kayla Ross-Adams
David F. Smith

Non-Affiliated

Ed & Kathy Crane
Shirley Davey
Nicholas Glover
Johanna Maya Guay
Sunitha Ravi Kumar
Reza & Mahtab Ameli

Ottawa Club

Robert Barrett
Robert Brunet
Laura Corrigan
Melissa Courchesne
Lynne Cyr
Fernando Boyd-Dilhari
Virginia Geffros
Liam Giffin
Anne Groulx
Joanne Guillemette
Lecuyer
Jennie Homosty

Donna Housley
Robert & Jennifer Keech
Erin & Peter Larsen
Veronik LeBlanc
Donna Lindo
Dianne Lydall
Gail MacDonald
Darrell Makarenko
Andrew Marcoux
Holly Meyer
Donna Munro
Margaret Pimm
Maria Lorena Rodriguez
Gabriel & Katie Rollin
Juanita Sauvé
Lynne St.Pierre
Kevin Wiles
Tian Yuan

Member Services

(Who gets your question?)

Whatever the question, just call the RTA for your club (page 5) 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 (page 5). 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)
secretary@rideautrail.org
Rideau Trail Secretary



Central Section
hmrob@storm.ca
Mary Robinson, Central
Club Secretary



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



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

CENTRAL CLUB ACTIVITIES - FALL 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 6).

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 hikes for those who want a mid-week stretch. Details are sent out each Monday by email. Contact: **Margaret Lafrance** 613 466 0403 mmlafrance03@cogeco.ca

Special Dates this Fall

OCTOBER 9: TUESDAY EVENING HIKE LEADERS PLANNING MEETING
DECEMBER 7: FRIDAY EVENING CHRISTMAS CAROLS IN WESTPORT
DECEMBER 15: SATURDAY EVENING CHRISTMAS SOCIAL

End to End in Ottawa Sector

THE 2018 END TO END SERIES CONTINUES FROM ROSEDALE TO OTTAWA, BEGINNING AUGUST 25. THE HIKE DATES ARE IN THE ACTIVITY CALENDAR. VIEW THE DETAILS IN OTTAWA'S CALENDAR (PAGE 21).

Activities Calendar

Saturday, Sept. 1 Rail Trail

Level 1. 12 km. Maberly to Sharbot Lake along Rail Trail. Picturesque countryside. Easy flat walking. Car shuttle. Gas \$3. Leader Gill Hyland 613 267 5756 ghyland2@cogeco.ca

Monday, Sept. 3 Ottawa E2E #2: Merrickville to Burritts (page 21)

Saturday, Sept. 8 Ottawa E2E #3: 14B Burritts to Roger Stevens (p 21)

Saturday, Sept. 8 Mill Pond Conservation Area

Level 2, 8 km. This will be a hike made up of loops within the Mill Pond

Conservation area. Meet at Conlon Farm for a 9 AM departure. Carpool \$2 Gas \$3. Leader Jim Middleton middleton.james@gmail.com

Sunday, Sept. 9 Linda's Loop trails at Crotch Lake

Level 3 (three), 10.7 km. From Coxvale to Crotch Lake Access Road via the north blue loop - a challenging walk along these under-used trails will give the serious walker a good workout. Car shuttle. Gas \$6. Depart from Conlon Farm at 9 am. Leader Jack Tannett 613 466 0417 jtannett@cogeco.ca

Sat. Sept. 15 Ottawa E2E #4: Roger Stevens to Jock Trail (page 21)

Sunday Sept. 16 Gibson Lake Loop, Frontenac Park

Level 2, 15 km. Moderate pace. Come and explore the remote northern part of Frontenac Park hiking through rugged terrain and some wetland areas. Gas \$5. Depart from Conlon Farm at 9:00 am. Leaders: Howard and Mary Robinson, 613 256 0817, hmrob@storm.ca

Saturday Sept. 22 Ottawa E2E #5: Jock Trail to Rushmore (page 21)

Saturday Sept. 22 Blueberry Mountain

Level 2, 5-8 km. Moderate pace. Challenge yourself to reach the top of Blueberry Mountain. Part of the Mississippi Madawaska Land Trust, and one of the Seven Wonders of Lanark County, spectacular views from the summit are well worth the climb. Gas \$6. Donations to the Land Trust are encouraged. Depart Conlon Farm 9:00 am Leader: David Batchelor 613 264 1559 dlhbatchelor@gmail.com

Saturday Sept. 29 Tay Havelock Trail

Level 1, 5 km. Hike from the Brooke Valley Rd down the Tay Havelock trail to a farm property and traverse the trails on Janet Conboy's picturesque property then back again. Gas \$2. Depart Conlon Farm 9 am. Leader Janet Conboy 613 267 6189 janeyboy@gmail.com

Sunday, Sept. 30 Ottawa E2E #6: Rushmore - Corkstown (page 21)

Saturday, Oct. 6 Ottawa E2E #7: Corkstown - A. Haydon Park (p 21)

Saturday, Oct. 6 Accessible Hike Tip to Tip Trail Burritts Rapids

Accessible, 2 km. Leave 10 am from Conlon Farm. Stop for lunch in Merrickville at Yellow Canoe. Gas \$2. Leader: Gill Hyland ghyland2@cogeco.ca

Tuesday, Oct. 9 Hike Leaders Planning Meeting

7 pm, kindly hosted by Anna Cornel in Perth. annamcornel27@gmail.com If you are unable to attend or wish to send hike information, contact Maida Murray: memmurray@hotmail.com

Saturday, Oct. 13 Ottawa E2E #8: A. Haydon Park to Rideau Canal (p 21)

Sunday, Oct. 14 Level 1, 7.4 km Rona's Loop-Catarauqui Trail

Lovely autumn walk partly on the Catarauqui Trail and partly on quiet country roads. Depart Conlon Farm at 9 am. Gas \$2. Leader: Yvonne Kennedy 613 267 9817 yvnkennedy@gmail.com

Saturday Oct. 20 Frontenac Park, Tetsmine & Hemlock Loops

Level 2, 17 km. Moderate pace. Enjoy these familiar trails in their autumn colours. Depart Conlon Farm at 8:30 am. Gas \$5. Leaders: Howard & Mary Robinson, 613 256 0817 hmrob@storm.ca

CHRISTMAS SOCIAL AND DINNER

SATURDAY, DECEMBER 15, 2018

PLEASE JOIN US FOR OUR ANNUAL

CHRISTMAS GET TOGETHER.

LOCATION TO BE CONFIRMED

SOCIAL AT 5:30, DINNER AT 6:30 PM.

WE'D LOVE TO SEE ALL MEMBERS AND FRIENDS

RSVP BY DECEMBER 1

ELISABETH KUIPER

ELISABETHKUIPER0@GMAIL.COM

BARBARA MCINTYRE

BARBARAMCINTYRE@XPLORNET.COM

Saturday Oct. 27 Balderson Trails in Autumn

Level 2, 6 to 8 km. Come in for coffee and snacks afterward. Depart Conlon Farm at 9 am. Gas \$1. Leader: Peder Krogh 613 456 6085 pederkrogh5@gmail.com

Sunday Oct. 28 Frontenac Park, Big Salmon Lake Loop

Level 3, 18 km. Moderate pace. Circumnavigate this beautiful lake with spectacular vistas along the way. Depart Conlon Farm at 8:30 am. Gas \$5 Leaders: Howard & Mary Robinson, hmrob@storm.ca 613 256 0817

Sunday Nov. 4 Mill of Kintail

Level 1, 6 km. A beautiful walk around an historic conservation area. Depart Conlon Farm at 9:30 am. Gas \$2 Leader: Tom Pearcey 613 284 1294 tompearcey7@gmail.com

Saturday Nov. 10 Foley Mountain

Level 2, 7 km. Enjoy the views of Westport and Rideau Lake. Depart Conlon Farm at 9:30. Gas \$3. Leader: Jim Middleton middleton.james@gmail.com

Sunday Nov. 18 Tallow Rock Bay Loop, Charleston Lake Prov. Park

Level 2, 11 km. A wonderful walk. Depart Conlon Farm 9:00 am. Gas \$4.

Leader: Dorothy Hudson
613 283 0332
hudsondorothy44@gmail.com

Saturday Nov. 24 Baird's Wood

Level 1, 5 km. Enjoy an autumn walk. Depart Conlon Farm at 9:30 am. Gas \$2. Leader Anna Cornel. annamcornel127@gmail.com

Sunday Dec. 2 The Great Trail Wemyss to Maberly Station

Level 1, 10 km. (Aka Trans Canada Trail) A flat walk along an old rail line. Car shuttle. Gas \$1. Leader: Bob Chittick 613 329 3006 robertchittick@gmail.com

Friday December 7 Annual Christmas Carol Sing

Meet at 6:15 PM in Westport Village at the St. Edward's School parking lot on Bedford St. for a multi-club social evening. Details on page 19.

Sunday Dec. 9 Mill Pond Conservation Area

Level 2, 6-8 km. Enjoy good views of the Mill Pond, and looking through the forest now the leaves are gone. Gas \$2, Leader: Tom Pearcey 613 284 1294 tompearcey7@gmail.com

Saturday Dec. 15 Murphy's Point Provincial Park Sylvan Trail

Level 2, 7 km. A pleasant winter walk to build up an appetite for the Christmas Party this evening. Gas \$3. Leader: Yvonne Kennedy 613 267 9817 yvnkennedy@gmail.com

Saturday Dec. 15 The RTA Central Club Christmas Party

will be held this evening. Elisabethkuiper0@gmail.com or barbaramcintyre@xplore.net

Saturday, Dec 29 Rideau Trail into Perth

Level 2, 7-11 km. Hike from Mackler Road or Ferrier Road into Conlon Farm. Route to be determined on the day. Car shuttle Gas \$2. Leader David Batchelor 264 1559 dlhbatchelor@gmail.com



The Moonlighters

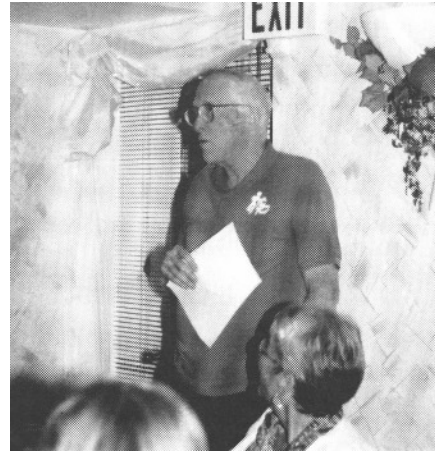
2018 marks 25 years of this regular activity of the Ottawa Club.

Since the Spring of 1993, there has been an Ottawa Rideau Trail Club hike every Tuesday evening from late April to the end of August. The idea was conceived while Roger McCullough and John Haley were pre-hiking, one evening in September, 1992. The idea caught on with the members through the following spring and summer.

One group of hikers was often late for the hike or became lost en route to the trailhead. One of Roger's treasured photos shows two of them in T-shirts stating, IF LOST RETURN ME TO ROGER.

One evening we were on relatively unfamiliar trails between Fortune Lake and Western Lodge and got delayed, hiking the last section in the dark - sharing four flashlights! Our late arrival back at the cars as the moon was coming up gave rise to the name "Moonlighters".

See more Moonlighter stories in the 10th anniversary Newsletter article in issue no. 126. Use password 'hikelife' in the Newsletter Archive: <http://www.rideautrail.org/newsletter-archive/>



First Moonlighter, Roger McCullough



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NORTHERN LIGHTS NORWAY

February 13 to 23, 2019

A full itinerary of adventures like cross-country skiing, dog-sledding & snowmobiling plus Mother Nature's lightshow - the Aurora Borealis (the Northern Lights).
Home base is Tromso - 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.

CANADIAN MARITIMES

June 21 to July 3, 2019

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 DE SANTIAGO, SPAIN

April 28 to May 5, 2019

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.

ICELAND

August 17 to 27, 2019

The land of the midnight sun!

Trek on volcanic terrain, marvel at the view atop Iceland's "Grand Canyon", stand at the edge of the most powerful waterfall in all Europe & relax in the soothing thermal waters of the Blue Lagoon. From Reykjavik to the northern fishing village of Husavik, explore the most dramatic landscape anywhere.

TICO # 50018498

End to End Awards

The following Rideau Trail members completed their End-to-End hikes and will receive their awards in person or by mail.

Nancy Gaudreau
Ann Giles
Carol Seal
John Frogley
Sandra Tompkins
Deborah Fleck
Elysia Asselstine
Joanne Biggs
William Snel
Jim Coburn
John Vanderpost
Mary Sexton
Audrey Snel
Elisabeth Laustroer
Nils J. Stockinger
Siu Kuen Rebecca Ng
Dave Audette
Cecile Kelly
Kristopher Gagnon
Michael Beaupre
Suzanne Field

Winter End to End

Mary Robinson
Erica Phillips
Kent Phillips
Bill Murdoch*
Miu Lam
Carol Seal
Trina Piché
Daniel Boulay
Jessica Xu
Helen Su
David McNicoll
Janice Dowling
Audrey Stewart*
John Morrison
Fangwei Zeng

* Audrey Stewart has completed the Winter End to End four times.
Bill Murdoch has done it eight times.

WINTER END-TO-END 2019

Not sure what to do this winter? Are you tired of sitting at home and watching TV? Why not have an awesome Canadian experience, enjoying and embracing the fresh air and snow? Join us on the Rideau Trail Association's Winter End-to-End hikes.

The RTA Winter E2E is a three-year cycle of hikes that take place in January and February (thus qualifying for the Winter End-to-End badge). This year we'll be trekking from Kingston to Westport over four weekends.

There will be two groups: the Core Group (led by David Batchelor) will travel 10-15 km per day, while the Extended Length group (led by Rusty Bassarab and Kevin Chapman) will cover 15-20 km per day. Not sure which pace suits you? Walk with the entire group (Core & XL) on the first weekend and then decide which group you'd like to join.

Dates are as follows:

Weekend 1: Jan 5, 6

Weekend 2: Jan 18, 19, 20 (with a shorter moonlight night hike on Friday evening, 18 Jan)

Weekend 3: Feb 2, 3

Weekend 4: Feb 16, 17

Weekend 5: Feb 23, 24 (if required)

Hiking / snowshoeing will take place during daylight hours (with the exception of the moon-light hike) Participants are responsible for arranging their own overnight accommodation.

A fully detailed notice will appear in the Rideau Trail Winter Newsletter and in the e-letters. In the meantime, if you have any questions please contact one of the E2E organizers.

David Batchelor dlhbatchelor@gmail.com

Rusty Bassarab rbassarab@gmail.com

Kevin Chapman calwa@sympatico.ca



PHOTO: NIELS RASMUSSEN, OTTAWA



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TICO Ontario Registration No: 50022848



Central's Janet Eckersley paddles with Park Naturalist, Tobi Kiesewalter.

At Murphy's Point last July, the indigenous canoe was constructed from materials found in the Park's forest. It is a great display of Algonquin expertise. The Park says the boat will be available for visitors to see for themselves. JACK TANNETT

Bonus

Do you know someone who is on the fence about joining the Rideau Trail? Be sure to remind them that new members who join after October 31 will also be members for all of the following year.

Membership Application

*** Help Preserve the Legacy! *** The Rideau Trail Association (RTA) is committed to preserving one of Ontario's oldest and longest continuous footpaths, and encouraging use of its trail system through nearly 400 km of scenic beauty between Kingston and Ottawa.	Benefits of membership include the following: Quarterly newsletter with articles and event listings; Retail discounts; Voting rights for local Club and Trail business, and The knowledge that you are supporting and protecting this world-class treasure.
Individual Membership (age at least 18 years) () One year \$25.00 () Two years \$45.00 Household Membership (2 adults, 1 address) () One year \$40.00 () Two years \$75.00 () Car Sticker (free to new members) \$1.00 () Cloth crest \$2.50 () RTA Hiker Name Pin (Print clearly please.) \$7.00 MEMBER'S NAME Donation, Rideau Trail Association* \$ _____ Donation, Rideau Trail Preservation Fund* \$ _____ Total \$ _____ Pay online at RideauTrail.org or send with a cheque (CAD) to Rideau Trail-Membership, PO Box 57 Station Main, Smiths Falls, ON K7A 4S9 Membership year: April 1 to March 31. Those joining after Oct. 31 are paid-in-full for both current and following years. * Official receipts will be issued for \$10.00 or more (Charitable Reg. No. 11911 9485RR 0001)	() New Membership () Renewal Preferred Club Affiliation (choose one): () Central () Kingston () Ottawa () Unaffiliated (Please Print) Name(s): _____ Mailing Address: _____ Phone _____ Home: _____ Mobile: _____ E-Mail: _____ E-mail is used for a quarterly newsletter, a monthly E-Letter and occasional other communication. () Please do not send me a printed copy of the newsletter. I will read it online. Memberships are also available at RideauTrail.org The RTA does not share member information with other organizations.
In addition to enjoying hiking and other club activities, there are many other ways to be actively involved in the RTA. Check all activities that interest you. You will be contacted when your help is needed. () Maintaining a section of the Trail () Construction projects	() Leading hikes and/or XC ski or snowshoe outings () Helping with publicity () Serving on a committee () Organizing social events () Serving on the Executive Other (please specify): _____

Rideau Trail Association – Kingston Club

Winter Getaway Weekend

Hotel Le Chantecler, Laurentians – Jan 25-27, 2019

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

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

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

Kingston Club departs from the Walmart parking lot (Midland Ave.) at **8:30 a.m.** Friday January 25th with arrival about 1:00 p.m., at Hotel Le Chantecler. Return to Kingston arrives about 9:00 p.m. on Sunday January 27th. All arrangements will be confirmed by letter to you early in January 2019. The bus will pickup Central Club members from the 1000 Islands Mall near the Tim Hortons, Brockville at 9:30 a.m.

We have reserved 40 double rooms. Single rooms available. For bus and hotel commitment we require a deposit cheque of \$100 per person upon registration, and a second cheque for the balance postdated to December 15, 2018. Make cheques payable to Rideau Trail in Trust. If there is insufficient interest, the trip will be cancelled and your payments refunded. Please return completed registration form (below) with two cheques.

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

Your second cheque will not be cashed until there is sufficient registration. Cancellations after December 15, 2018 may not receive a full refund if replacements are not available.

Registrar: Bob Schofield (613) 876-3738

Please copy this notice and share it with a friend

Detach form here, enclose with cheques.

Rideau Trail Association – Kingston Club

Hotel Le Chantecler, Laurentians – Jan 25-27, 2019

Name(s) _____
Address: _____ City: _____ Postal Code: _____
Phone (home) _____ e-mail _____

Rideau Trail Member: Y/N _____

A cheque for \$100 is due at the time of registration. The second cheque for the balance owing may be post dated to Dec 15th, 2018. Make cheques payable to Rideau Trail in Trust.

Double person room \$400 x 2 = total \$800

Single person room \$500

Cheques enclosed total \$ _____

I wish to room with: _____

Dietary restrictions: _____

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

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

GANARASKA

HIKING TRAIL

SEPTEMBER 28 - 30, 2018

hike ontario summit

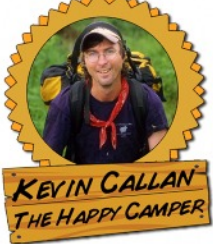
MORNING EVENTS:

- Hike Ontario Annual General Meeting
- History of the Ganaraska Hiking Trail
- Virtual Tour of the Province
- Volunteer of the Year Awards
- Ceremonial Water Relay
- And much more!

WORKSHOPS:

- Trail Association Strengths & Challenges
- Risk Management Controls for Hike Leaders
- Lyme Disease
- Fascinating Fungi
- Stretching for Health
- Intro to Map/Compass/GPS

KEYNOTE SPEAKER:



KEYVIN CALLAN
THE HAPPY CAMPER

SUNDAY EVENTS:

- Copeland Forest Guided Hikes
- Safe Hiker Program Training Course
- Certified Hike Leader Training Course

REGISTER AT: WWW.HIKEONTARIO.COM / SUMMIT

PROUDLY SPONSORED BY:





Notes

The \$25 fee includes access to the meetings, Saturday's lunch and the workshops.

Keynote: Wilderness Survival by Kevin Callan

Workshops (2:15 pm)

- Trail Association Strengths and Challenges
- Risk Management Control for Hike Leaders (preparation)
- Lyme Disease - cause to treatment

More Workshops (3:15 pm)

- Mushrooms and the Ecosystem
- Stretching for Hikers
- Intro to map/compass, GPS

Sunday hike is in the Copeland Forest.

More detail and registration:
<http://hikeontario.com/newsevents/yearlyevents/summit-agm/>

Members in the News

Cross-Canada Canoe Trip

In May, two Kingston Club trail maintainers, Glen Green and Carol Vandenengel set off to canoe from Vancouver to Ottawa. They are raising funds and awareness for the Loving Spoonful charity in Kingston. This year's journey of 6,700 kilometres continues a cross-Canada project that began last year with a paddle from Kingston to Cape Breton.

Kingston Whig-Standard article:
<http://www.thewhig.com/2018/05/01/cross-canada-canoe-trip-raises-money-for-good-cause>

Party Planner Wanted

Saturday, November 24

(Kingston)

Seasonal Social Evening

You are invited to celebrate the season with members and friends at the club's seasonal social. Please bring an appetizer, main course or dessert to share. Contribution to room rental costs: \$3 per person at sign-in table.

6:00 pm: Munching & Mingling

6:30 pm: Dinner is served

Place: The Party Room, Lower Level, 66 Greenview Drive

RSVP: Sandra Lopes email: lopessm8@gmail.com

Telephone: 613 542-3029



KINGSTON CLUB ACTIVITIES - FALL 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 6).

NOT SURE?

The Hike Leader will thank you for your questions.

CARPOOLING AND FEES

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

MEETING PLACE

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

INFO FOR LEADERS

Blank activity sign-up/liability waiver sheets can be obtained online or from the Club's Activity Coordinator.

After the event, please send them to: **Lorna Deyo**

lornadeyo@yahoo.ca

148 Stephen St. Kingston ON K7K 2C7. 613-536-5567

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.

End to End in Ottawa Sector

THE 2018 END TO END SERIES CONTINUES FROM ROSEDALE TO OTTAWA, BEGINNING AUGUST 25. THE HIKE DATES ARE IN THE ACTIVITY CALENDAR. VIEW THE DETAILS IN OTTAWA'S CALENDAR (PAGE 21).

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: hkramer@outlook.com (613) 766-0482 with your name and phone number.

ACTIVITIES CALENDAR

Saturday September 1 Frontenac Challenge - Tetsmine & Hemlock

Level 2/3, moderate pace, ~16 km. Enjoy the first day of the Frontenac Challenge with these two north end trails. Depart Canadian Tire at 8 am. Gas \$6. Leader: Audrey Sanger 613-384-6244

Sunday September 2 Kingston Urban Hike

Level 1, easy pace, ~10 km. Meet at 9 am at the Woolen Mill (Catawaqui St.) parking lot, and walk along the waterfront to Kingston Penitentiary and return. Enjoy a refreshment break along the return trip. Leader: Sharen Yaworski 613-544-6022 sharenann@gmail.com

Monday, Sept. 3 Ottawa E2E #2: Merrickville to Burritts (page 21)

Monday September 3 Frontenac Challenge - Gibson Lake

Level 2/3 moderate pace, 14 km. Depart Canadian Tire 8 am. Gas \$6 Leader: Audrey Sanger 613-384-6244

Tuesday September 4 Frontenac Challenge Arkon, Doe and Arab L.

Level 2, moderate to fast pace, 17 km. Will meet at trail head. Contact leader before 9 pm on Monday for meeting time and place and if you'd rather carpool from CT. Leaders: Nancy Hunter 613-372-2157 nancynelles@gmail.com and Lynn Esau 343-363-0384 esaulynn@gmail.com

Thursday September 6 Frontenac Challenge - Little Salmon, Little Clear and Hemlock Loops

Level 2+, moderate to fast pace, 25 km. Add three more trails to your

Frontenac Challenge by circling these three lakes. Meeting at trailhead. Contact leader before 9 pm on Wed. for meeting time and place and if you'd rather carpool from CT. Leaders Nancy Hunter 613-372-2157 nancynelles@gmail.com and Miu Lam 613-544-6201 ymiu.lam@gmail.com

Saturday, Sept. 8 Ottawa E2E #3: Burritts to Roger Stevens (p 21)

Saturday September 8, Frontenac Challenge - Slide Lake Loop

Level 3, moderate to fast pace, 27 km. Join us for this exhilarating 7.5 to 8 hour hike around Frontenac Park's most rugged and rewarding loop. Wear boots and bring plenty of water, a lunch, snacks and a bathing suit for an optional swim stop. Contact leader before 9 pm on Friday to sign up for hike. Depart CT at 7:45 am. Gas \$4

plus shared park fee. Leaders: Lynn Esau 343-363-0384

esaulynn@gmail.com and Miu Lam 613-544-6201 ymiu.lam@gmail.com

Sunday September 9 Frontenac Challenge - Little Salmon, Little Clear, and Hemlock

Level 3, moderate to fast pace, 25 km. Close the loops around three Frontenac Park lakes. Depart CT at 8 am. Gas \$4 + Park Fee. Leader: Rusty Bassarab 613-634-6015 rbassarab@gmail.com

Monday September 10 Frontenac Challenge: Tetsmine and Gibson

Level 2, moderate to fast pace, 23 km. Meet at trail head. Call leader before 9 pm on Sunday for time and meeting place and if you'd rather carpool from CT. Leaders: Nancy Hunter 613-372-2157 nancynelles@gmail.com and Miu Lam 613-544-6201 ymiu.lam@gmail.com

Wednesday September 12, Frontenac Challenge - Cedar Lake

Level 2, fast pace, 13 km. Will meet at trail head. Call leader before 9 pm Tuesday for meeting time and place and if you'd rather carpool from CT. Leaders: Nancy Hunter 613-372-2157 nancynelles@gmail.com and Lynn Esau 343-363-0384 esaulynn@gmail.com

Thursday September 13 Frontenac Challenge Big Salmon Lake Loop

Level 3, fast pace, 19 km. Stop for lunch at the lookout over Big Salmon Lake with a swim break in Little Clear Lake on the return loop. Bring lunch and plenty of water. Depart CT at 8 am. Gas \$4 plus shared park fee. Leader: Rusty Bassarab, 613-634-6015 rbassarab@gmail.com

Sat. Sept. 15 Ottawa E2E #4: Roger Stevens to Jock Trail (page 21)

Sunday September 16 Frontenac Challenge Cedar Lake Loop

Level 2, moderate to fast pace, 15 km. Enjoy gently rolling terrain and long stretches of boardwalk as we traverse Frontenac Park's largest complex of multi-stage wetlands. Depart CT at 8 am. Gas \$4 plus shared park fee.

Leader: Rusty Bassarab 613-634-6015 rbassarab@gmail.com

Saturday Sept. 22 Ottawa E2E #5: Jock Trail to Rushmore (page 21)

Tuesday September 25 Barriefield Village Walk

Level 1, leisurely pace, 4-5 km. We will walk from the parking lot to Barriefield Village. Meander through and learn a bit of the history of the village and some of the historical houses. A short refreshment stop and then back to the cars through the base. Meet at the parking area at the foot of Fort Henry Hill for a 10 am departure. Leaders: Debbie Schofield 613-384-4530 and Patti Earle 416-606-8402

HELP WANTED - KINGSTON CLUB NEEDS A
SOCIAL ORGANIZER
(SPECIAL EVENTS COORDINATOR)
CONTACT LINDA LINE (613-531-4353) OR
ANY MEMBER OF THE KINGSTON EXECUTIVE
(PAGE 5).

Saturday September 29 Frontenac Challenge Big Salmon Lake Loop

Level 3, moderate to fast pace, 19 km. Counterclockwise around the lake with lunch stop at the lookout. Meet at Big Salmon Parking lot at 9 am or contact leader if you wish to carpool from CT. Gas \$4 plus park fee. Leaders Gunhild Karius and Bill Ottney ottech2@gmail.com 613-858-3183

Sunday, Sept. 30 Ottawa E2E #6: Rushmore - Corkstown (page 21)

Sunday September 30 Frontenac Challenge: Gibson & Tetsmine

Level 3 moderate to fast pace, 24 km. Starting at Kingsford Dam, we will hike these beautiful loops which offer trails of varying difficulty. Meet at 08:45 am at the Kingsford Dam parking lot or contact leader if you wish to carpool from CT. Gas \$5. Leaders: Gunhild Karius and Bill Ottney ottech2@gmail.com 613 858-3183 txt ok.

Wednesday October 3, Frontenac Challenge - Slide Lake Loop

Level 3, moderate to fast pace, 27 km. An exhilarating 7.5 to 8 hour hike around Frontenac Park's most rugged

and rewarding loop. Wear boots and bring plenty of water, a lunch, and snacks. Contact leader before 9 pm on Friday to sign up for hike. Depart CT at 7:45 am. Gas \$4 plus shared park fee. Leader: Rusty Bassarab 613-634-6015 rbassarab@gmail.com

Saturday, Oct. 6 Ottawa E2E #7: Corkstown - A. Haydon Park (p 21)

Saturday October 6 Little Cataraqui Creek Conservation Area

Level 2, moderate pace, 12 km. Come and enjoy a local "gem" close to home. Gas \$2. Depart CT 9 am. Leader: Maryann 613-929-4350 maryannnds67@gmail.com

Wednesday October 10, Frontenac Challenge Arkon, Doe and Arab

Level 2, moderate to fast pace, 19 km. Depart CT at 8 am. Gas \$4 plus shared park fee. Leader: Rusty Bassarab 613-634-6015 rbassarab@gmail.com

Midweek Brockville to Prescott Tue- Wed-Thur., October 9, 10 & 11.

Walk along Level 1 trails: Jones Falls, Brock trail, Railroad trail, Prescott waterfront trail, Mac Johnson, visit Aquatarium, Tait's Bakery, Bobs restaurant Prescott. Historical Hotel stays in Brockville and Prescott. Stay with group or be as independent as you like. Spaces limited contact Audrey 613-384-6244

Saturday, Oct. 13 Ottawa E2E #8: A. Haydon Park to Rideau Canal (p 21)

Saturday October 27 Frontenac Challenge - Arkon Loop

Level 2, moderate pace, 15 km. Enjoy beautiful fall colours. Bring lunch and plenty of water. Meet at Canadian Tire at 9 am. Gas \$4. plus park fee. Leader: Peter Burbidge 613-634-1877

Saturday November 3 - A Walk of Remembrance

Level 1, easy pace, 3 km. Join us as we walk through parts of downtown and discover various monuments and buildings in Kingston which have a historical significance to WW1. Refreshment stop afterwards optional. Depart CT at 10:00 am. Leaders: Deb and Bob Schofield 613-384-4530

Saturday November 10 Parrott Bay Conservation Area

Level 2, moderate pace, 5 km. Circle the Bay and meet for refreshments afterwards. Meet at CT for 9 am. departure or meet at Parrott Bay parking lot on Bath Rd. at 9:30 am. Gas \$2. Leader: Peter Burbidge 613-634-1877

Saturday November 17 K&P Kingston Urban Trail (Blue Loop)

Level 2, moderate pace, 10km. Visit and explore Kingston's industrial past sites in the Inner Harbour area to Division St. Meet at Douglas Fluhrer Park at the N end of Wellington St at 9 am. Lunch at Division Street food outlets if desired. Leader: Don Coulter coulter.dm@sympatico.ca 613-542-9998

Saturday, November 24 - Seasonal Social Evening

You are invited to celebrate the season with members and friends at the club's seasonal social. Please bring an appetizer, main course or dessert to share. Contribution to room

rental costs: \$3 per person at sign-in table.

6:00 pm: Munching & Mingling

6:30 pm: Dinner is served

Place: The Party Room, Lower Level, 66 Greenview Drive

RSVP: Sandra Lopes email:

lopessm8@gmail.com

Tel: 613-542-3029

Seasonal Socials

November 24

December 7

December 19

Friday December 7 Annual Westport Area Christmas Carol Sing

Level 1, easy pace, 1.4 km. Get into the spirit of the season by joining our Central Club friends as we sing Christmas Carols in a favourite place. Optional dinner/refreshments 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 and your icers. Carol sheets are provided. Meet at 6:15 PM in Westport Village at the St. Edward's School parking lot on Bedford St. for a

memorable outing. Leaders: Gunhild Karius and Bill Ottney ottech2@gmail.com or 613-858-3183 txt okay.

Wednesday December 19 Caroling at Aberdeen Park, Portsmouth

Meet at Aberdeen Park at 6 pm for half an hour of singing, then to the Portsmouth Tavern for throat lubrication. Leader: Audrey Sanger 613-384-6244

Some Good Habits Live On

Kingston's Peter Burbidge reports meeting an equestrian, Pauline Allison who was walking her horse on the Cat Trail. In the course of their conversation she revealed that she "stoops and scoops" droppings from other horses, as well as from her own mount. Thank you, Pauline. It's good to know there are still trail users who pick up the trash.

New Hike Leaders



Back: Patti-Lynn Earle, Tom Friesen (instructor) Bob Schofield, Rusty Bassarab, Joyce Davis (central) Bob Chittick (central); Seated: Maryann Song, Jane Moore, Deb Schofield.

Saturday May 12, we successfully certified 8 new hike leaders to our respective club rosters. Congratulations to all! It was a great day Elbow Lake!

SHAREN YAWORSKI

Browsing for a Trail?

Trenton <https://www.cityofquintewest.ca/quintewesttrails.html>

Pembroke <http://www.shawwoods.ca/>

Orillia <https://ganaraska-hiking-trail.org/>

OTTAWA CLUB ACTIVITIES - FALL 2018

WHAT TO BRING

Bring lunch, water, insect repellent, sunscreen and strong footwear. Come prepared for weather changes. Many events are 'rain or shine'.

NOTE

Hiking boots are recommended for events rated at Level 2 or higher. A **high level of fitness** and experience are required for Level 3 outings.

Please review the details about the Participant's Responsibilities and the definitions used by the RTA clubs (page 6).

NOT SURE?

The Hike Leader will thank you for your questions, if you raise them a few days before the event. For general information about the Ottawa Club call 613-860-2225.

Emergency in **Greenbelt** or **Gatineau Park**? Call 911! For less urgent assistance, keep the **NCC number** handy: 613-239-5353.

CARPOOLING AND FEES

Be at the meeting place at least 10 minutes before the stated departure time. The amount quoted for gas is a suggested voluntary contribution. Fees for parking and

entry to parks and conservation areas are shared among the driver and passengers. Additional drivers may be needed for **accessible hikes**. If you are available to drive, please call the leader in advance of the hike.

MEETING PLACE

The meeting place is usually one of the following locations along or near the OC Transpo Transitway.

Tunney's Pasture: The government parking lot on the west side of Parkdale Avenue just across from Emmerson Avenue. Parkdale closed? Meet at the first parking lot on Parkdale, north of Scott Street.

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: daveaudette3@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.

Tuesday Evening Urban Walks Every Tuesday evening from September 11 through to October 30. There may be a refreshment stop after the walk for those interested.

Note: Meet at the starting point of the walk as specified in the Activities Calendar at 5:45 to depart at 6 pm. Because of early sunsets, flashlights are handy to have on some of the walks. DO NOT meet at Tunney's Pasture unless so specified. Coordinator: Maureen Dawson Maureen.Dawson@rogers.com

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



Brian describes his Wednesday Walker outing, for the hikers to consider. STEVE KELLY PHOTO

Thursday-Morning Hikes - For details of when and where watch the weekly email. 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 613-729-6596 emmason283@gmail.com

ACTIVITIES CALENDAR - OTTAWA

Saturday, September 1 Gatineau Park, Ben Lake

*** NOTE DEPARTURE TIME ***

Level 2, 8 km, slow pace. Wear good boots. Trail 56 and faint trail to Ben Lake and return. Optional swim. Meet at Tunney's Pasture at 8:45 to depart at 9 am. Gas \$5. Leader: Jean Gauthier, 613-422-3997 or jrgauth@teksavvy.com

Monday, September 3 Ottawa E2E #2: Merrickville to Burritts Rapids

Level 1, 10 km. This is a level hike on (mostly) quiet roads, an opportunity to view old stone homes while learning about early settlers and canal-building. We'll visit the McGuigan Cemetery (a blue trail) and may also add the Tip-to-Tip Trail (4 km) at the end of the main hike. Drivers must be able to shuttle 2 or 3 additional people. Meet at 10 am at Donnelly Drive / Burritts Avenue (14B). Leader: Kevin Chapman, calwa@sympatico.ca or 613-591-9899

Tuesday, September 4 Moonlighters End-of-Season Dinner

Celebrate 25 years of Moonlighters hiking! Contact Dora Ashiq, 613-792-4966, or Hazel Miller, 613-232-6558 for details.

Thursday-Friday September 6-7 Hike Leader Training Parts 1 and 2, MEC Community Room, 366 Richmond Rd. Classroom components (to be followed, at a later date, by in-field components):

Part 1, Thursday, 6 to 9 pm: Basics of what a hike leader needs to know
Part 2, Friday, 6 to 9 pm: Map reading for beginners. This will NOT include training in compass or GPS navigation. Deadline for registration August 22. For enquiries, contact Dave Audette at 613-601-2833. daveaudette3@gmail.com

Saturday, September 8 Ottawa E2E #3: Burritts to Roger Stevens

Level 2, 15 km. Hike through the Marlborough Forest on a mix of gravel and dirt tracks that may be wet and muddy in places; lunch at the Earth Star shelter and pass by Rogers Pond. Meet at the Roger Stevens Drive parking lot E3 by 9:15 am for the shuttle to Burritts Rapids. Drivers: arrive

at the meeting place able to shuttle 2 or 3 additional people. Leader: Carol Seal, 613-291-7547 carol.seal.613@gmail.com

Saturday, September 8 Beryl Gaffney Park Trail

Level 1, about 8 km, moderate pace. An easy walk through forests and fields alongside the Rideau River first and then the Jock River. Wear good boots and bring water and a light lunch. Meet at Fallowfield Park & Ride at 9:45 am for a 10 am departure. Gas \$2. Leader: Stephen Chappell, 613-612-0865

Saturday, September 8 Paddling: Ottawa River Wetlands

*** DEPARTURE LOCATION ***

Level 2, 10+ km depending on weather. Mostly still water but exposure to open and moving water crossing the Ottawa River from Rockland to the huge marshes on the Quebec side. This is upstream of Plaisance National Park; expect similar environment and wildlife with waterfowl starting to flock. Plan for a rafting lunch, as there will likely be few places to get out. Meet at the put-in for 9:30 am start: Du Moulin Park Boat Ramp, Rockland (enter 45.556530, -75.298112 in Google Maps). Leader: Kevin Reynolds, kevinjunk9@gmail.com or 613-258-1337

Sunday, September 9 Gatineau Park, Wolf Trail and Skyturtle

Level 2+, 10 to 12 km, moderate pace. From P13 up the Wolf trail to Skyturtle Lake, then by faint trail to Giant Face escarpment lookout and Pulpit. Bring lunch, water and good boots. Meet at Tunney's Pasture at 9:15 am for a 9:30 departure. Gas \$3. Leader: Brian Worobey, 613-882-0741 or brianworobey@rogers.com

Tuesday, September 11 Ottawa River Pathway

6 km. Meet at P7 on the Sir George-Etienne Cartier (formerly Rockcliffe) Parkway, east of Blair

Road, at 5:45. Bus-riders, call for a ride from Beechwood in front of Metro. Leader: Stephen Chappell, 613-612-0865

Saturday, September 15 Ottawa E2E #4: Roger Stevens Dr. to Jock Trail

Level 2, about 15 km, moderate pace. This hike involves a car shuttle. Meet at Fallowfield Park & Ride, off Fallowfield Road west of Woodroffe Avenue, at 9:20 am for a 9:30 departure. Gas \$5. Bring lunch and water and wear good boots. Leader: Kathryn Fournier, lou_daybreak@hotmail.com

Saturday, September 15 Mer Bleue and Boardwalk

Level 1, about 7.5 km, moderate pace. Come and enjoy this unique area just a short distance from downtown. From P21 along trail 53, following both sides of Ridge Road, including the boardwalk through the peat bog. Outdoor lunch at the picnic area at the boardwalk. Wear good boots and bring water and lunch. Meet at Tunney's Pasture at 9:15 am for a 9:30 departure. Gas \$3. For those living in the east you may go directly to P21 for a 10 am departure. Leader: Stephen Chappell, stbradch_6@hotmail.com 613-612-0865

Saturday, September 15 Gatineau Park, Beaver Village

Level 2+, about 12 km and 400 m total ascent. We will climb (slowly) up the Lusk Falls trail, enjoying spectacular views along the way, then head on trail to a lovely lake for lunch and a swim if the water is still warm. A short brushy section will take us to a smaller lake to view a really cool beaver village from a rocky peninsula. A somewhat longer but easy, brushy section will return us to Ridge Road, and we'll descend the escarpment on the gentler but also scenic Deer Trail. Meet at Tunney's Pasture at 9:15 am to depart at 9:30. Gas \$4. Leader: Ann Bolster, 613-828-5131 or ann_bolster@hotmail.com

Sunday, September 16 Gatineau Park, Meech Lake to Western

Level 2, approx. 9 km. From P12 we head south on trail 40, then east on 33 and finally south on 2 to Western cabin

for lunch. We take a shorter route back to P12 by heading north on trail 2 Meet at Tunney's at 9:15 am for a prompt 9:30 departure. Gas \$3. Leader: Brian Brooks, brooksbrrian12@gmail.com

Tuesday, September 18 Hog's Back/Vincent Massey/Ottawa South

Meet at northwest corner of RA Centre parking lot (near Riverside Drive) at 5:45. Leader: Kathryn Fournier, lou_daybreak@hotmail.com

Wednesday, September 19 Gatineau Park, Anniversary Hikes

The Wednesday Walkers will celebrate their 34th anniversary with a potluck lunch at Keogan hut. We will meet at Bate Island as usual (9:15 for 9:30 departure) and split into groups to take various routes to Keogan, aiming to arrive at noon. There is also the option to drive directly to the hut. Please bring food to share. This event will take place regardless of the weather!

Saturday, September 22 Ottawa E2E #5: Jock Trail to Rushmore Rd.

Level 2, approx. 15 km. Hike from 16A Jock Trail Road to 17B Rushmore Road. Meet at Fallowfield Park & Ride at 9 am for a prompt 9:15 departure. Gas \$3. Bring lunch, water, snack. Car shuttle required. Leaders: Mike Beaupre, true_redandwhite@live.com; Sandy Freeman, sandyjfreeman104@gmail.com

Saturday, September 22 Gatineau Park, Twin Lakes

Level 2+, around 10 km. Via Lac Renaud to Twin Lakes lookout for lunch, returning via the lookout facing Lac Philippe. Mostly on trail, with some short off-trail links. Depart Tunney's Pasture at 9:30 am. Gas \$4. Leader: Graham Creedy, 613-789-1657

Sunday, September 23 Greenbelt, Sarsaparilla Trail

Accessible hike, 2 km, slow pace. This hike is suitable for people in wheelchairs, those with limited mobility or anyone who enjoys a pleasant walk in beautiful surroundings. From P7, we will explore Sarsaparilla Trail and lookouts. Gas \$2. Meet at Baseline Park & Ride at 1 pm. Leader: Kathryn Fournier, lou_daybreak@hotmail.com

Tuesday, September 25 Rideau River and Old Ottawa South

Meet at east end of Clegg Street, by the Rideau River, at 5:45. Leader: Lena Creedy, Lena.Creedy@rogers.com

Saturday, September 29 Gatineau Park, All Around Lac Philippe

Level 2, 11 km approx. From P19 at Lac Philippe, we will take trail 73 going clockwise. Lunch at the south end of the lake. Return along the road and then rejoin trail 73 back to the cars. Bring lunch and water. Meet at Tunney's Pasture at 9:15 am for a 9:30 departure. Gas \$5. Leader: Grace Hyam, 613-829-7252 or dr003@ncf.ca

Trail Closure

Beware of local Trail closures during the fall hunting season, especially in Marlborough Forest. Check Trail Alerts

Saturday, September 29 Gatineau Park, Tomato Hill-Teacup Hill

Level 2+, 10 to 12 km, moderate pace. From the Sand Pile parking on Eardley-Masham road on escarpment trail to Tomato Hill, off trail to skidoo trail, up to Teacup and return via skidoo trail. Bring lunch, water and good boots. Meet at Tunney's Pasture at 9:15 am for a 9:30 departure. Gas \$5. Leader: Brian Worobey, 613-882-0741 or brianworobey@rogers.com

Sunday, Sept. 30 Ottawa E2E #6: Rushmore Rd. to Corkstown Rd.

Level 2, 15 km. Meet at Fallowfield Park & Ride, off Fallowfield Road west of Woodroffe Avenue, by 9 am for a 9:15 departure for the car shuttle. A bit of road walking, mainly at the beginning of this hike; the rest through forested area. Lunch outside. Gas \$2. Leader: Denise Hall, 613-843-8222 or rebeccahall@rogers.com

Sunday, Sept. 30 High Lonesome Nature Reserve, Pakenham

*** NOTE DEPARTURE TIME ***

Level 2 at an easy pace. Approx. 5 km. Short and scenic hike on rough, ungroomed wilderness trails. Wear hiking boots. Bring water and snacks

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

Tuesday, October 2 Greenbank Road to Arlington Woods Area

Meet at Tim Horton's, Greenbank Hunt Club Centre, 250 Greenbank Rd. (just south of Bellman) for departure at 6 pm. Leader: Trudy Stephen, 613-828-9313

Wednesday, October 3 Gatineau Park: Burma Road

Easy Level 2 terrain at a slow pace. Etienne Brulé to the Bench on Trail 3 and return to Huron Lodge for lunch. About 4? km to visit some trails with slow-paced hikers. Meet at Bate Island as usual (9:15 am). Gas \$3. To arrange transportation assistance, contact leader: Steve Kelly, stkelly@rogers.com or 613-422-1318

Saturday, October 6 Ottawa E2E #7: Corkstown Rd. to Andrew Haydon

Level 1, about 7 km, moderate pace. This hike involves a car shuttle. Meet at Andrew Haydon Park, off Carling Avenue at Holly Acres Road, at 9:15 am for a 9:30 departure. Gas \$2. Bring lunch and water and wear good boots. Leader: Stephen Chappell, stbradch_6@hotmail.com or 613-612-0865

Saturday, October 6 Gatineau Park, Grandview to Church Hill

Depending on which group you're in, level 2 or 2+, 6 or 10 km, slow or moderately fast pace. The two loops from the Eardley-Masham Road will take in some "grand" views, with the leaves probably in full autumn glory. Both options will be mostly on well-defined faint trail, with some steep ups and downs, but the group doing the longer route will hike a rocky off-trail stretch of at least 2 km to get to some additional wonderful views over the Ottawa River valley. Good boots essential. Outdoor lunch at a viewpoint. Both groups may also hike all or part of the short, rocky trail alongside the cascading Church Hill Falls. Optional visit to Lavender Ridge vineyard and farm afterwards for wine-tasting (or coffee) and delectable home-made goodies. Meet at Tunney's at 9:15 for a

(OTTAWA ACTIVITIES)

9:30 departure. Gas \$5. Leader for the shorter loop: Jean Gauthier, 613-422-3997 or jrrgauth@teksawy.com. Leaders for the longer loop: Ann Bolster (ann_bolster@hotmail.com) and Brian Worobey (brianworobey@rogers.com; 613-882-0741)

Tuesday, October 9 New Edinburgh Historic Walk

6 km. This walk will focus on some old churches in this area as well as some heritage houses and buildings. Please meet at 5:45 in front of Books on Beechwood, 35 Beechwood Ave. There is ample street parking around the area, and several buses serve the community. Leader: Stephen Chappell, 613-612-0865

Friday to Monday, October 12-15 Frontenac Park Weekend

Hiking weekend in Frontenac Park for RTA members, with accommodation at the Cove Inn (www.coveinn.com) in Westport. Hikes Friday, Saturday and Sunday. For those who live near Westport we are happy to have you join us for hikes and/or dinner at the Cove. Please let us know so we can

coordinate timing. For details and to book or be added to the waiting list, contact Denise at rebeccahall@rogers.com; our block of rooms will be released August 31.

Saturday , October 13 Ottawa E2E #8: Andrew Haydon-Rideau Canal

Level 2. This 15-km hike involves a car shuttle at the start from Lincoln Fields Shopping Centre (where permission has been granted for vehicles to park for the day) to Andrew Haydon Park for a 9:30 am departure. Bring lunch and water and wear appropriate footwear. Direct return from the Rideau Centre by bus 97 to the Carling side of the shopping centre; many other Transitway buses stop at Lincoln Fields Station, a 5-minute walk away. Leader: Maureen Dawson, 613-226-3864 or Maureen.Dawson@rogers.com

Saturday, October 13 Morris Island

Level 1, about 8 km. Enjoy the fall colours in this picturesque conservation area on the Ottawa River near Fitzroy Harbour. Meet at Baseline Park & Ride to depart at 10 am. Gas \$5, plus a share of \$3 per

vehicle for parking. Leader: Ethel Archard, 613-592-7733 or ethel.archard@sympatico.ca

Saturday, October 13 Gatineau Park, North Window

Level 3, 13 to 15 km from Cregheur Road. We'll go up to the North Window via Pulpit, Sky Turtle Lake, Gallery and the Nighthawk Trail and back. Meet at Tunney's for a 9:30 am departure. Gas \$3. Leader: Na Lin, 613-601-4864 or linnakgh@yahoo.ca

Sunday, October 14 Gatineau Park, Sugarbush Trail

Accessible hike, 2 km, slow pace. This hike is suitable for people in wheelchairs, those with limited mobility or anyone who enjoys a pleasant walk in beautiful surroundings. From Visitors Centre at Gatineau Park, we will tour the Sugarbush Trail. Gas \$3. Meet at Tunney's Pasture at 1 pm. Leader: Kathryn Fournier, lou_daybreak@hotmail.com

Tuesday, October 16 Britannia Village

Meet at Lincoln Fields Shopping Centre parking lot, Richmond Road side near

Hiked from Hollow Glen?

Many Ottawa Club hikes have entered Gatineau Park from this community on the Mountain Road. This reprint from Summer 1998, explains the origin of one of the local place names.

1998 ARTICLE BY ART CAMPBELL



Catherine O'Keefe with Pat Clarkin and Phil Herbst, March 1998

Catherine

On Wednesday April 8th, 25 Wednesday Walkers walked from Hollow Glen and stopped, on our return leg, at a path intersection known as Catherine's Corners. We laughed while recounting the history of that name, not knowing that Catherine O'Keefe, the raison d'être, had died that morning.

Catherine had been involved with the Rideau Trail Association for many years, and with Gatineau Park even longer. Her collection of maps was invaluable as she shared these and her knowledge of Gatineau Park with us. Catherine loved nature: her love of wild flowers, of trees, of birds, ... her sense of humour, fun, of the ridiculous, and her timing were outstanding. Thus her witty comments were always most appropriate. It was as a result of one such comment that Catherine's Corners received its name. To walk or ski with Catherine was to laugh, to chuckle and to smile. She was truly one of a kind and will be greatly missed.

Pizza Pizza. Leader: Maureen Dawson, 613-226-3864 or Maureen.Dawson@rogers.com

Saturday, October 20 Almost Blue: Rideau Trail Blue Loop

Level 2, about 8 km, moderate pace. This hike, from 14BC to Richardson Road (maps 13 and 14), involves a car shuttle. Meet at Fallowfield Park & Ride at 9:15 am for a 9:30 departure. Gas \$3. Bring lunch and water and wear good boots. Possible pub stop afterwards at Marlborough Pub. Leader: Stephen Chappell, 613-612-0865

Saturday, October 20 Gatineau Park, Kelly Rd.-Old Champlain

Level 2+, 10 to 12 km, moderate pace. From Kelly Road parking, up Kelly ridge to Hollow Glen ridge and then Old Champlain ridge. Off trail to Teepee 2 and return to Hollow Glen ridge and Kelly Road. Bring lunch, water and good boots. Meet at Tunney's Pasture at 9:15 am for a 9:30 departure. Gas \$3. Leader: Brian Worobey, 613-882-0741 or brianworobey@rogers.com

Sunday, October 21 Adopt-a-Roadway Clean-Up

Please consider joining us for a few hours in the morning to clean up 5.5 km of road allowance along Roger Stevens Drive, southwest of North Gower. We plan to stop in at the Marlborough Pub in North Gower for refreshments/lunch after the clean-up. Kindly register in advance so that enough equipment can be provided by emailing the leader, Brian LaDuke, at yellow.bumper@hotmail.com or calling



One of the Rideau Trail's landowners has a beautiful restaurant in Kemptville by the waterfront. It offers good quality, fresh ingredients at affordable prices. Wait until you try the desserts!

https://www.tripadvisor.ca/Restaurant_Review-g499268-d3267872-Reviews-Salamanders-Kemptville_North_Grenville_Ontario.html
Let's support our Landowners as they support us. MIKE BEAUPRÉ, OTTAWA

613-534-8538 (alternative contact: Denise Hall, 613-843-8222 or rebeccahall@rogers.com). This event will occur rain or shine, so dress accordingly. If you have your own work gloves and/or picker please bring them along. Meet at Fallowfield Park & Ride, off Fallowfield Road west of Woodroffe Avenue, for a 9 am departure. Gas \$5.

Sunday, October 21 Mer Bleue

Level 1, 6 km, moderate pace. From P20, we will explore Trail 50 and the Dewberry Trail. Meet at Tunney's Pasture at 1 pm. Gas \$2. Leader: Kathryn Fournier, lou_daybreak@hotmail.com

Tuesday, October 23 Arboretum, Rideau Canal and Dow's Lake

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

Saturday, October 27 Gatineau Park, A Walk in the Park

Level 2 terrain at a slow pace. Champlain Lookout to Western lodge for lunch. About 2.5 km to see the last of the flowers, look through the open forest and visit some trails (and hikers?) that are old friends. Meet at Tunney's Pasture to leave at 10 am. Gas \$3. Leader: Steve Kelly, stkelly@rogers.com or 613-422-1318

Saturday, October 27 Gatineau Park, Long Way to King Mountain

Level 2, 15 km, moderate to fast pace. From the Visitor Centre, hike on a variety of 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

Saturday, October 27 Gatineau Park, Frypan Lake-Source Lake

Level 2+, 10 to 12 km, moderate pace. From P15 area (Cross Loop Road) on trail to Frypan Lake, about

1.5 km off trail with climb to Source Lake, continuing on Trail 71 to Trail 70. Bring lunch, water and good boots. Meet at Tunney's Pasture at 9:15 am for a 9:30 departure. Gas \$4. Leader: Brian Worobey, 613-882-0741 or brianworobey@rogers.com

Tuesday, October 30 Wellington West toward Westboro

Approx. 6 km. Starting from Tunney's Pasture we will walk west toward Westboro and then back through the neighbourhood south of Byron. Leader: Joanne Tuttle, joannetuttle@rogers.com

Saturday, November 3 Gatineau Park, WOW! Lookouts Tour

Level 2, 10 to 12 km, moderate pace. Starting at P12, we'll hike up to Ridge Road on good trails and then make our way off trail to various lookouts (including WOW 1 and 2) over the Ottawa River valley. We'll connect then to a faint trail leading to Western cabin for lunch. Afterwards we'll make our way to Champlain Lookout and then return to P12 via a variety of trails. Good boots essential for the rocky and sometimes steep terrain, which could be slippery. Meet at Tunney's at 9:15 am for departure at 9:30. Gas \$3. Leaders: Brian Worobey 613-882-0741 brianworobey@rogers.com; Ann Bolster (ann_bolster@hotmail.com)

Sunday, November 4 Greenbelt, Green's Creek

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

Saturday, November 10 Greenbelt, Old Quarry Trail

Level 1, about 10 km at a moderate pace on flat terrain in woodland on NCC trails 23, 24 and 25. Outdoor lunch. Meet at the trailhead, P5 (Eagleson Road across from Hazeldean Mall), to depart at 10 am. Take Bus #88 from Baseline Station. Leader: Ethel Archard, 613-592-7733 or ethel.archard@sympatico.ca

Saturday, November 10 Gatineau Park, Twin Pines to Twin Lakes

Level 3, 15 km at a moderately fast pace depending on terrain. Start from

(OTTAWA ACTIVITIES)

Masham-Eardley Road with the objective of circling the Twin Lakes. 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

**Saturday, November 17
Capital City Walk**

Level 1, about 6 to 8 km and 2 to 3 hours. This urban walk will be a guided historical and cultural tour on the streets of Ottawa. It will include the Elgin Street monuments, City Hall, Confederation Park, some of the statues on the grounds of Parliament buildings, Sussex Drive north, Holocaust memorial and much more. Bring a snack or stop at one of the coffee places on the way back. Meet at the Lord Elgin Hotel, 100 Elgin Street, at 10:30 am. Leader: Marilyn Schwartz, 613-828-4488 or marilyn_sch1970@yahoo.ca

Saturday, November 17 Gatineau Park, Many Trails from P12

Level 2, 15 km, moderate to fast pace. From P12, hike on a variety of trails to Western Cabin for lunch, then back to our starting point. 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

Saturday, November 24 Gatineau Park, Up from Pilon Road

Level 2+, 10 to 12 km. We will climb the rugged escarpment and then spend some time visiting various lakes and ponds in the area. Lunch outdoors. Meet at Tunney's Pasture shortly after 9 am for a 9:20 departure. Gas \$4. Leader: Denise Hall, 613-843-8222 or rebeccahall@rogers.com

Saturday, December 1 Gatineau Park, Carman/Brown Area

Level 2, about 12 to 14 km, moderately fast pace depending on terrain. This end-to-end hike will explore the trails and loops between P17 and P15 that we don't typically use; some have rocky "moguls" and steep bits that could be

slippery. Along the way we'll look off trail briefly for the rock pile that marks the intersection of 4 townships. Good boots and pack microspikes/icers if you have them. Outdoor lunch in a scenic area; consider taking a hot beverage or soup. If we need to use snowshoes, we'll do a loop from one end and less distance; check the weekly e-notice for any update. Gas \$4. Meet at Tunney's at 9:15 to depart at 9:30. Leaders: Kerstin Bjarbo (kerstin_bjarbo@hotmail.com) and Ann Bolster (613-828-5131 or ann_bolster@hotmail.com)

**Friday December 7 Annual
Christmas Carol Sing**

Meet at 6:15 PM in Westport Village at the St. Edward's School parking lot on Bedford St. For a multi-club social evening. Details on page 19.

**Saturday, December 8
Gatineau Park, Tomato Hill**

Level 2, 8 km. Hike (crampons may be necessary) or snowshoe at a slow pace from the sand pile on Eardley-Masham Road on faint trails with some brushy sections. Spectacular views of the Ottawa River Valley. Wear good boots. Outdoor lunch. Depart from Tunney's Pasture at 9:30 am. Gas \$5. Leader: Jean Gauthier, 613-422-3997 or jrrgauth@teksawy.com

Saturday, December 8 Gatineau Park, Nobody's Fault, the "New" Split Rock and Shark Lake

Level 3, approx. 15 km. From Pilon Road hike the seldom-used north side of Nobody's Fault, then on trail to Whale Lake, off trail to the "new" Split Rock and then Shark Lake. Hilly terrain, some climbing, some off trail, some faint trail. Strenuous and long 5+ hours. Be at Tunney's Pasture at 8:50 for a prompt 9 am departure. Gas \$4. Leader: Dave Audette, 613-601-2833 or daveaudette3@gmail.com

Saturday, December 15 Greenbelt, Old Quarry & Trails 23, 24 and 25

Level 2; about 10 km, 3½ hr at a slow pace. From P5 (Eagleson Road) snowshoe or hike with or without crampons on flat terrain and well-groomed trails. Outdoor lunch. Depart

Baseline Park & Ride at 9:30 am. Gas \$2. Leader: Jean Gauthier, 613-422-3997 or jrrgauth@teksawy.com

Saturday, December 22 Rideau Trail: Marlborough Forest

Level 2, hike 14 km or snowshoe 8.5 km depending on the conditions. Rogers Pond - Earth Star Loop or Deliverance Cabin. Depart from Fallowfield Park & Ride at 9:30 am. Gas \$5. Leader: Doug Parsons, 613-843-8222

**Recent Donors to the
Rideau Trail
Association**

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Sure, it's picking up trash, but you're out with your friends on a great spring day. Pretty good, don't you agree?

Blitz and Barbecue

Much of the Rideau Trail in the Ottawa sector is on public roads. Unfortunately, that means the shoulders and ditches collect coffee cups, food containers, shoes, socks and a variety of old clothing and other articles.

In the spring, the Ottawa Club organized its second 'garbage blitz'. 70 members, friends and family gathered to spend the morning walking 45 km of the Trail's roads, picking up after those who left their garbage behind. After piling up the bags of waste that the City collects, participants went to Terry Carisse park on the Jock River for a BBQ.

Big **THANK YOU** to the volunteers: Trail maintainers, collection teams, social committee, and organizers.



Hard at work, and extra visible along the roads. We might like the Trail to follow some other path, but sometimes this is the best we can do.



Michael Beaupré sports the Trail Maintainer's safety vest. It is extra visible, and it's made to be snag-proof. Besides, the name attracts attention and it leads to some informative conversation with people who see it.



Photos: M. Beaupré
Anne Maurais photo



Coming October 21

Next Clean-Up

A five kilometre stretch of Rogers Stevens Rd. has been adopted by the Ottawa Club. Are you coming out for the annual, fall clean-up and pub lunch, Sunday, Oct. 21?

Hiking with Norman Bethune

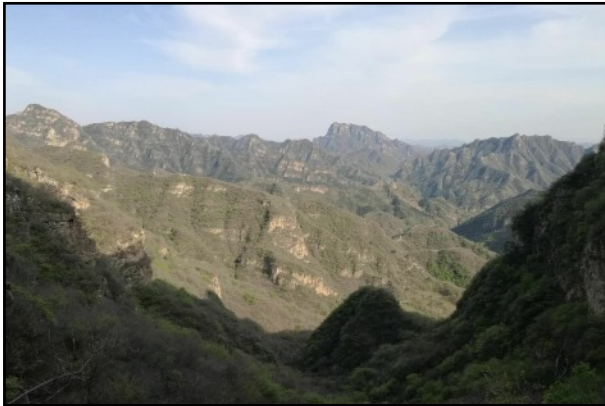
BY STEPHEN CHAPPELL

Dr. Norman Bethune was a Canadian doctor who died in China in 1939. He is a hero in China, known for his work during the Sino-Japanese War (1937-1945). Because all of China's large population knows him, Norman Bethune is probably the best known Canadian in the world.



Like many Canadians, I was not very familiar with Bethune. Then in 2006 I landed a teaching position in Shijiazhuang, the capital of Hebei Province. There I met Qi Ming, an English teacher at the Norman Bethune Military Medical College and an expert on this famous doctor. When he told me that a trail was being developed to

follow the footprints of Bethune in the areas he worked, I had to go back. In the spring of 2018, Qi Ming organized a visit to the Taihang Mountain Range central west part of Hebei. He took me to some of the most important sites on the Bethune Trail.



It was my hope that we would do a lot of hiking as this is what Bethune often had to do while inspecting medical facilities in the conflict zones, sometimes on narrow mountain paths. However due to time limitations, most of our travel was not on foot.

From another house where Bethune once stayed, we hiked a narrow mountain pass (about 4 km) which, according to local officials, had been used by Bethune. It was a challenging hike with lots of elevation. Bethune himself had remarked upon the breathtaking scenery.

Finally, we visited the hospital and training college established by Bethune in September, 1939 in the village of Gegong. This later became the Norman Bethune Military Medical College and the Bethune International Peace Hospital in Shijiazhuang.

This remarkable journey was both memorable and educational. I hope to return for more hiking on this trail. I believe that the Taihang Mountain Range offers great opportunities for both hikers and those interested in learning more about this historic Canadian figure.

Our travels began with a 3-hour drive from the capital of Hebei. We visited a number of villages where Dr. Bethune applied his surgical skills. Some of the places where Bethune lived and worked are now historical exhibits. The house in Huangshikou where Bethune passed away is now a museum featuring many iconic photographs.



The final stop on this amazing journey was his tomb in Jun Cheng, Nanguan, Tang county. (See inscription, above.) Bethune was later reinterred in the Martyr's Cemetery in Shijiazhuang in 1953 where there is an impressive tomb and a recently updated permanent exhibit about his life.



Stephen Chappell is an Ottawa Club hike leader.





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

My Favourite Place



New Route for Rideau Trail

The Rideau Trail has a new path through Murphys Point Provincial Park. Article on page 4.

Luna Moth

The location (on the Rideau Trail at Port Elmsley) isn't as striking as what I saw there. The Luna Moth is quite big (10 cm/ 4") from the head to the bottom tip of the wings. I wanted to share it with other Rideau Trail members, because it is quite a rare sight and extremely beautiful.

GUNHILD KARIUS, SMITHS FALLS



RTA Picnic, July 28
ELISABETH KUIPER,
CENTRAL



Roadway Blitz BBQ
(page 26)
M. BEAUPRÉ, OTTAWA

Inside Fall EDITED BY (STEVE KELLY, OTTAWA)

Outstanding Service Awards 2018	2	Club Activities		My Favourite Place	28
Association News		Central Club	9	Thank you to our advertisers	
Highlights of Annual Meeting	3	Kingston Club	17	Blaq Bear Eco Adventure Routes	7
Changes to Board of Directors	3	Ottawa Club	20	Brown Rabbit Cabins	6
New Route for the Trail	4			Calabogie Peaks Resort	11
RTA Clubs	5	The Moonlighters	11	Comfortable Hiking Holidays	12
Highlights of RTA Board Meeting	6	End to End Awards	12	The Cove Country Inn	2
Participants' Responsibilities	6	Membership Application	14	OK Cycle & Adventure Tours	13
Levels of Difficulty	6	Kingston Winter Weekend	15		
Remembering Moira Dummond	7	New Hike Leaders in Kingston	19		
Members Corner	7	Reprint: Catherine's Corner	23		
New Members	8	Donations	25		
Member Services/Badge Requests	8	Blitz and Barbecue	26		
		China: Hiking with Dr. Bethune	27		