



Rideau Trail

NEWSLETTER

Winter 2018-19

Issue No. 190



Flagpole Hill



Pitching in to Make the Rideau Trail Better



BILL OTTNEY PHOTO

Looking determined, Bill Murdoch leads in winter, once again. See story, page 8.

Over 75 RTA members attended the first annual **RTA potluck picnic**.



JACK TANNETT PHOTO

Organizers Elisabeth Kuiper and Barb McIntyre (Central) had us participating enthusiastically in a number of friendly competitions. The opportunities for us to mix in one place and at one time are limited. But when we do, we are reminded of our shared passion for the outdoors, and our shared love for the Rideau Trail.

KEVIN CHAPMAN PHOTO



The Story of Flagpole Hill

BY JANICE LEY

Flagpole Hill is a well-known landmark to Rideau Trail hikers. Located on the portion of Rideau Trail that crosses the southern part of Frontenac Provincial Park, approximately half way between the Trail Centre and Perth Road, the bare rock summit gives a commanding view of the surrounding area. For decades there has been a "flagpole" of one sort or another wedged into rocks on the summit.

In the early days of the Rideau Trail, this landmark was known as Smooth Rock Run, aptly describing the smooth rocks that form the summit. In the mid-1980's, Eric and I found we could canoe from Salmon Lake to the beaver pond overlooked by Smooth Rock Run. To commemorate this adventure we took a piece of yellow polypropylene rope from our canoe and tied it to the long stick atop the summit. We began to refer to the beaver pond as "Flagpole Lake", and soon others were referring to "the Flagpole". In a relatively few years, it seemed like no one was using the term "Smooth Rock Run" and "Flagpole Hill" was the descriptor in common use.



Flagpole and View in 2014
Photo: THE PASSIONATE HIKER

There has been a long string of flagpoles and flagpole replacements over the years. Typically, replacement poles were cut from fallen dead trees in the area, guaranteeing a short life span when they were exposed to the elements on top of the

hill. In 2016 Eric decided a more permanent replacement was in order.

To get a pole that will last under these conditions, he selected a tall, straight, live cedar (from our property) to cut down and trim. It was left to dry over the next year,



being turned regularly to avoid warping. In the Spring of 2017, it was cut to length (22 feet) and planed to give a smooth surface. Then came the job of getting the lovely new pole to the site in Frontenac Park. Starting at Perth Road, we dragged and carried the 22 foot pole for about 5 km over the Rideau Trail. Once there, the pole was readily erected using rocks on site for stabilizing. For the finishing touch, Eric engraved an aluminum plaque which is mounted on the pole and identifies

Flagpole Hill and the Rideau Trail. For those who wonder, the decorative ball on the top was the float from a toilet tank. We hope that will be the last pole replacement needed for some time!

FLAGPOLE CROSSING DEVIL'S GORGE (cover) and ERIC ERECTING FLAGPOLE photos were submitted with the New Flagpole story. Jan and Eric are life members, living in Kinaston.



Message from the President



Volunteer to Leave a Legacy
The Rideau Trail Association is a 100% volunteer organization with no paid staff. There are well over 200 people who volunteer to support the work of the Association from trail maintainers, to hike leaders, to Club executive members and Board members. The people who volunteer contribute their time and their expertise to ensure that the Trail is in great shape, there are weekly hikes and that the organization runs smoothly. Thank you to all of you who have contributed to make the Rideau Trail Association, and our Trail, the success they are.

There is always a need for new people to help us meet our mandate to maintain the Trail from Kingston to Ottawa, show environmental stewardship and have an effective organization. Behind the scenes, we need people who are experienced with databases, social media, accounting, communication, marketing, event planning and doing routine tasks like sending out membership cards. We also need people who are willing to help out on an ad hoc basis, to

organize special events, to assist at events and to talk the public about the Trail.

Research has demonstrated the health benefits resulting from volunteering. Why not offer some of your time to the Rideau Trail Association? Improve your well being with as little as a few hours a month.

Imagine the satisfaction felt by those who started the development of the Rideau Trail when they see it still in place, almost 50 years later. In the late 60's the Trail was only a dream, but by the end of 1971 it was a reality, thanks to the dedication of volunteers. Think of the satisfaction you will have, 20 years from now, when you can say, "I ensured the Rideau Trail was a lasting legacy for my family, my neighbours and all Canadians." Your volunteer participation will ensure the Trail and the Association are here for the next 50 years.

To volunteer, contact members of your local Club executive or the Board, as listed in this newsletter. You can also send a note to info@rideautrail.org.

Working together we will make the Trail and the Association stronger and leave a legacy.

Brian Grant

Note: Brian could use a Vice President. *Ed.*
PHOTO: DENISE HALL

Rideau Trail Association ANNUAL GENERAL MEETING

Saturday, June 1

The 49th Annual General Meeting
will be held in Smiths Falls



Winter End-to-End 2019

The RTA Winter E2E this year will trek from Kingston to Bedford Mills/Westport (depending upon which group) over four to five weekends as follows:

Weekend 1: 5, 6 Jan.

Weekend 2: 18, 19, 20 Jan. (moonlight night hike Friday evening, 18 Jan.)

Weekend 3: 2, 3 Feb.

Weekend 4: 16, 17 Feb.

Weekend 5: 23, 24 Feb. (For the XL Group this is only a backup weekend)

Core Group: 10-15 km per day

Leader/Coordinators: David Batchelor, assisted by Mary & Howard Robinson

Extended Length (XL) Group: 15-20 km per day.

Leader/Coordinators: Rusty Bassarab and Kevin Chapman

Not sure which pace/distance suits you? Walk with the entire group (Core & XL) on the first weekend and then decide which group you'd like to join.

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

All Winter End to End hikes involve car shuttles, plus additional clothing and gear. All interested participants must contact one of the respective Group Leaders no later than Wednesday before any given hike weekend. (Earlier is better.) The group leaders will provide more detailed information on the hikes and the clothing and equipment one needs.

Coordinators

Central: David Batchelor dlhbatchelor@gmail.com
Mary & Howard Robinson hmrob@storm.ca

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

Ottawa: Kevin Chapman calwa@sympatico.ca
613-591-9899

MORE? SEE ARTICLES PAGE 8, 22



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www.rideautrail.org

Telephone:

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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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ISSN 0709-7085



Spring Newsletter: **Deadline February 1, 2019**

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 the editor, newsletter@rideautrail.org

Board of Directors

President: Brian Grant, Ottawa
(613) 225-8770 president@rideautrail.org

Vice President: Dorothy Hudson, Smiths Falls
(613) 283-0332 hudsondorothy44@gmail.com
*** Interim appointment, only - seeking a VP ***

Treasurer: Phil Dawes, Ottawa
(613) 728-5520 treasurer@rideautrail.org
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

Newsletter Editors:

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: Gaelle Giraudeau
Social Conveners: Barb McIntyre and Elisabeth Kuiper
Director at Large: Dorothy Hudson

**Kingston Club
Executive**

Chair: * VACANT *
Past Chair: Sharon Yaworski
Vice Chair (Board Rep.): Lars Thompson
Secretary: Marilyn Martin
Treasurer: Lynn Esau
Outings: Peter Burbidge
Publicity: Debbie Schofield
Construction: Jim Lorimer
Maintenance: Stan Huff
Special Events: * VACANT *
Human Resources: Lorna Deyo
Landowner Relations: Sharon Yaworski
Members at Large: Pascale Champagne, Rick Shaver
Newsletter Editor: * VACANT *

**Ottawa Club
Executive**

Chair: Sandy Freeman
Past Chair: Denise Hall
Vice Chair: * VACANT *
Club Rep.: Denise Hall
Secretary: Dawn Carrick
Treasurer: Bob Smith
Trail Maintenance: Michael Beaupré
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

Virtual 'GoTo' Meeting, September 11, 2018

BY DOROTHY HUDSON, ACTING VICE-PRESIDENT

Trail Updates

- Paden Road boardwalk project completed, dedication ceremony held September 30
- Central Club hopeful that the Trail will soon be rerouted off Narrows Lock Road

Club Activities

- Ottawa has trained 9 new hike leaders
- Ottawa is holding a Volunteer Appreciation event November 15 at Royal Oak, CentrepoinTE

- Central's Wednesday walks now run year round

- Summer picnic at Rideau Ferry was a great success

Board Issues

- Succession Planning Committee needs a rep from each club
- Securing Our Trail Working Group is developing a letter outlining our commitment to our landowners

Treasurer – no report

Important Motions

- Phil Dawes has been appointed Treasurer, starting after the October Board meeting
- Hike Leader Training Committee reinstated to ensure standardization of our training procedures and requirements across all three clubs

Rideau Trail Association
2019 AGM

Saturday, June 1

Smiths Falls Legion; catered lunch; historical walk; tours(?)
Details in the Spring Newsletter

Rideau Trail Closed
Tuesday, March 12, 2019
Please stay off the Trail this day.

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email: brownrabbitcabins@nf.aibn.com

Fax: 1-709- 334-3601

www.brownrabbit.nl.ca

Participants' Responsibilities

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

Levels of Difficulty

Hiking/Snowshoeing

- Level 1 Well defined trails, gentle inclines. Suitable for beginners.
- Level 2 Generally on trail. May be hilly, light bush-whacking, some rough spots or obstacles. Boots are recommended.
- Level 3 Rough Terrain. One of more of: extensive bush-whacking, steep sections, long climbs and descents, beaver dams or other obstacles, rock climbing. Boots, Level 2 experience and a high level of fitness essential. Long pants and sleeves recommended.

Cross-country Skiing

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

Highlights of RTA Board Meeting

Perth, October 20, 2018

BY DOROTHY HUDSON, ACTING VICE-PRESIDENT

Trail Updates

- Completion of 600 foot boardwalk south of Paden Road in the Ottawa section a major accomplishment
- Central section reroute diverting almost 6 km along Narrows Lock Road back through the Mica Mines Conservation Area to be ready in the spring
- Ongoing collaboration with Parks Canada as well as St. Anthony's Monastery on Miners Point road to further improve the quality of the trail in the Central section

- Central plans to offer quarterly Accessible hikes

Board Issues

- Risk management priorities are improving our standards in the areas of trail maintenance and hike leader training
- Recruitment for leadership positions
- Need for more members to volunteer for Board committees
- Restructuring of membership director's tasks

- Note that trail maintenance expenditures should be sent to club treasurers

Important Motions

- The Geographic Information System (GIS) Solution will be implemented. It will create an accurate record of exactly where the trail goes and whose land it crosses, making it easier for us to identify sections of the trail at risk, and will lead to improved mapping of the trail.

Club Activities

- Ottawa has formed a committee and is working with other concerned partners to address issue of new restrictive rules in Gatineau Park
- Kingston will work on a reroute in the Bedford Mills area

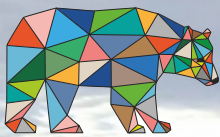
Treasurer

- We are on budget at present
- Kingston has some funds from donations which need to be committed to projects
- RTA needs to develop a policy for the use of the Preservation Fund money

Thank You, Landowners

Where the Rideau Trail crosses privately owned land, it does so with the landowner's permission.

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



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Welcome New Members

Central Club

Kristine Martin
Megan Morgan
Melissa Baker & Nguyen
Duy
Melanie Phelan
Estelle Pye

Kingston Club

Alyssa Aiello
Geoffrey Allen
Ron & Mary Jane
Dickenson
Jonella Geiger
Janet Hayley (Returning)
Raheleh Barkhordari &
Ilmaz Kashkooli
Joel Lamorre
Susan Publicover
Rick Shaver
Margaret Smith
Emily Sullivan
Dorothy van Maaren

Non-Affiliated

Ryan Thompson

Ottawa Club

Maureen & Alan Amey

K Roland Andersson
Dennis Ochoski & Sandy
Bean
R-G (Rose-Gabrielle) Birba
Noreen & Bernie Dertinger
Donna M Fleming
Pamela Forth
Lois Johnson
Jonathan McElhinney
Karen & Dave McVetty
Lynn Mills
Kenneth (Ken) Neufeld
Phil Valois & Linda
Parsons
Sadiq Hasnain &
Alexandra (Sasha)
Sadilova
Leslie Ann Speak
Djuna Penn & Jenn Sugar
Sharon & Kyle Taugher
Adriana & Larry Tomie
Denise Torres
Dorothy Tweedie
Elizabeth Vavasour
Mary Egan & Gareth
Welsh
Marinus Wins
Mingxia Liu & Liyong
Zhang

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at registrar@skylinehikers.ca
or call 1-866-445-3774



Member Services

(Who gets your question?)

Whatever the question, just call the RTA for your club (page 4) or email:
info@RideauTrail.org

Address Changes / Paper Newsletter

To stop it, or to receive it, call or email:
membership@RideauTrail.org

End to End Badges

Keep track of the details of your hikes, whenever you did them:
Date, start and end point of the hike and the leader's name.
Your questions or claims can go to the RTA by phone, or you can email the appropriate club contact.

Getting Involved

Thank you for wanting to help out. Feel free to contact any of those listed (page 4). Your interest might be about event ideas, co-leading hikes, your club's social committee, working on the Trail or whatever. It's a busy organization, and your help would be welcome.

Badge Request Contacts



Entire End to End
(Winter or otherwise)
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
dawncarrick@sympatico.ca
Dawn Carrick, Ottawa Club
Secretary

Rideau Trail End to End - in Winter?

Where it all began

BY BILL OTTNEY, WITH BILL MURDOCH



The seed for Bill Murdoch's Winter End to End series started to take root on January 11, 1999. Bill, along with Barbara Pusch, set out from Kingston trailhead on a GPS mapping odyssey with the goal of creating a GPS database for the entire Rideau Trail.

But why winter, you ask? Per Bill, the first generation GPS devices were not "leaf tolerant" rendering the task of accurate mapping under the June-to-October forest canopy impossible. By February 28, 2000 Bill and company had reached the former Ottawa terminus at Richmond Landing.

Following his completion of the GPS mapping project, Bill, with his love of winter, asked: "Why not make a seasonal event of this?" Recognizing the fact that winter hiking requires special skills, perseverance, and fortitude, the RTA Board of Directors determined to create a special award. Those participants who hiked an End to End during the months of January and February by skiing, snowshoeing, or walking would receive special recognition by way of a certificate and a badge. That was in November 2002. From the seeds sown on a GPS mapping project, the first official RTA Winter End to End became a reality in January 2003.

To date he has completed eight Winter E2E's. So many of us who have completed our Winter E2Es, including this writer, are the beneficiaries of Bill's dedication and his love of winter.

This story would not be complete without a few winter hiking anecdotes.

Something to talk about: One of Bill's many logs starts out with "The following is a special hike to give the grandchildren something to talk about." To celebrate Bill's turning 80 in 2013, he decided to hike the Trail from Ottawa to Kingston - that January! Jim Lorimer and Peter Burbidge can attest to Bill's success.

Worst hike: Bill Murdoch recounted an icy climb up the escarpment from Lions' Beach in February 2014 as being one of the worst-ever hikes and asked hikers Bev and Tom Pearcey for their input.

Bev states "I remember hanging onto a small tree on the side of an icy slope and was afraid to let go. Bill came to my rescue by gripping my hand and digging his quality 'icers' securely into the sheer icy surface to lead me up the slope." Tom adds "I remember our basic icers being completely ineffective and continually slipping off."

Coldest day (or at least one of them): "Fortitude" was certainly the operative word when hiking on January 22, 2005 in -37° wind chill. Bill was leading his group across



BILL MURDOCH (FAR RIGHT) AND OTHER END-TO-ENDERS EMBRACE WINTER ON THE TRAIL

the windblown field between Poonamalie and Port Elmsley this bitter cold day. Ginger Mackey noticed a white "chevron" on Bill's cheek, which turned out to be frostbite so, off came Ginger's gloves so that she could warm up the frostbitten area with her bare hands.

With Bill's face rewrapped in a scarf, the group completed the hike without a lunch stop - it was too cold to stop at all. That evening, Bill relaxed while patting his frostbitten cheek and the tip of his nose.

Moonlight Hikes (that weren't): From the very inception of the Winter E2E series, moonlight hikes were a part of Bill's repertoire. If you have never participated in a winter hike under the light of the moon you are truly missing a unique winter experience.

Best times: Bill's response, "Too many to count".

If you can keep up with Bill on the trail you are well aware of his gregarious nature and his infectious love of winter. Social time with Bill and your fellow hikers after a hike is such an integral part of the experience. Following are some of Bill's favourites in Bill's own words:

"When arriving at The Mill Restaurant in Ottawa for the first hike in January 2003, I was amazed and happy that eighteen hikers were there to start. We didn't know if anyone would show and there were eighteen!!"

"Another time was the last weekend of the first year. We all stayed in Perth at a B&B. After a meal together, we came out to face a lot of snow. So much so that we were unable to drive to our trailhead, so we cancelled the hike for Sunday. That was the only hike that had to be cancelled in all the years."

Bill calls himself, "the kid from Montreal who loves winter." Thanks for showing us the way, Bill.

Bill Ottney is the retiring Membership Director. He's willing to advise an incoming volunteer, so feel free to pitch in.

CENTRAL CLUB ACTIVITIES - WINTER 2018-2019

WHAT TO BRING

Bring lunch, water and strong footwear. Be sure to carry your health card, ID, emergency phone numbers and if necessary, a list of your medications. Come prepared for weather changes. Many events are 'rain or shine'.

NOTE

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

Please review the details about the Participant's Responsibilities and the definitions used by the RTA clubs (page 5).

NOT SURE?

The Hike Leader will thank you for your questions.

CARPOOLING AND FEES

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

MEETING PLACE

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

E-LETTER

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



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

Westport Wassail

Friday, December 7 Welcome the season by joining with folks from the Kingston Club to sing Christmas carols in Westport. Enthusiasm required; singing ability optional. Refreshments at The Cove afterwards.

Christmas Social and Dinner

Saturday, December 15 Please join us for our annual Christmas get together which will be held in Perth at Parkside Inn. We'd love to see all members and friends whether you hike or not. Be sure to RSVP to Barb or Elisabeth.

Activities Calendar

Note: Rideau Trail Winter End to End offers hikes in January and February in the Kingston region. See page 3.

Saturday, December 1 Smiths Falls Historic Walk and Train Ride

*** RSVP by November 28 ***

Level 1, partly on foot, 3.2 km by rail. After Dorothy Hudson's historic walk in Smiths Falls, we will participate in the Railway Museum's North Pole Express event, which includes a train ride in their vintage cabooses behind their 65 year old locomotive. Optional pub stop afterwards. Depart Conlon Farm at 2:30 or meet at Smiths Falls Water Tower at 3:00. Gas \$3. Leader: Dorothy

Hudson 613 283-0332 HUDSONDOROTHY44@gmail.com For reservations, please contact Bill Ottney by *November 28* at 613 858 3183 ottech2@gmail.com

Sunday, December 2 Trans Canada Trail Wemyss to Maberly Station

Level 1, 10 km. A flat walk along an old rail line. Car shuttle. Gas \$2. Depart at 9 a.m. Depart Conlon Farm 9 a.m. Leader: Bob Chittick 613 329 3006 robertchittick@gmail.com

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 Kingston Club friends as we sing Christmas Carols in a favourite place. Optional dinner/refreshments at The Cove in Westport. Reserve by December 5th via Bill Ottney at ottech2@gmail.com or 613 858 3183 (txt ok) Bring a flashlight/headlamp and your icers. Carol sheets are provided. Meet at 5:30 pm at Conlon Farm or at 6:15 at St. Edward's School parking lot on Bedford St. In Westport Village for a memorable outing. Leader: David Allcock 613 706 3562 daveonottylake@gmail.com

Sunday, December 9 Millpond Conservation Area

Level 2, 6-8 km. Enjoy good views of the Mill Pond and through the forest now the leaves are gone. Gas \$2. Depart Conlon Farm 9 a.m. Leader: Tom Pearcey 613 284 1294 tompearcey7@gmail.com

Saturday, December 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. Depart Conlon Farm 9 a.m. Leader: Yvonne Kennedy 613 267 9817 yvnkennedy@gmail.com

Saturday, December 15 The RTA Central Club Christmas Party

will be held this evening. elisabethkuiper0@gmail.com or barbaramcintyre@xplornet.com

Saturday, December 29 Rideau Trail, Hike 10A or 10B to 10D

Level 2, 11 or 7 km. Hike from Mackler Road or Ferrier Road into Conlon Farm. Route to be determined on the day. Car shuttle Gas \$2. Depart Conlon Farm 9 a.m. Leader: David Batchelor 613 264 1559 dlhbatchelor@gmail.com

Saturday, January 5 Rideau Trail End to End Kingston section.

Anyone wishing to participate please contact David Batchelor at least one full day in advance of the hike. dlhbatchelor@gmail.com 613 264 1559

Sunday, January 6 Rideau Trail End to End Kingston section

Anyone wishing to participate please contact David Batchelor at least one full day in advance of the hike. dlhbatchelor@gmail.com 613 264 1559

Sunday, January 6 Rideau Trail Hike 9B to near 9E (Powers Road)

Level 2, 9.1 km moderate pace Lally Homestead to Powers Road. A pleasant hike through forest and farm fields partly in Murphy's Point Provincial Park. Car shuttle. Gas \$2. Depart at 9 a.m. Leader: Bob Chittick robertchittick@gmail.com 613 329 3006

INTERCLUB EVENT

Saturday, January 12 3 XC Ski Murphys Point

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

Sunday, January 13 Rideau Trail Hike 1.5 km before 12A to 11C

Level 1, 8.5 km. Moderate pace. Smiths Falls to Port Elmsley, Garden Market. An interesting mix of fields, woods and road. A snack and water should be sufficient. Car shuttle. Gas \$2. Depart at 9 a.m. Leader: Tom Pearcey tompearcey7@gmail.com 613 284 1294

Membership Renewal

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

Tuesday, January 15 Hike Leaders Meeting

To be held at 7 p.m. at the home of Jack Tannett. (613) 466 0417. Send apologies to Maida Murray memmurray@hotmail.com

Saturday, January 19 Cottage roads

Level 1, 8 km. Moderate pace. Blair Poole Farm Road and Colin Farmer Road. Come for a stroll along picturesque cottage roads. Gas \$2. Depart at 9 a.m. Leader: Bob Chittick robertchittick@gmail.com 613 329 3006

Saturday, January 19. Rideau Trail End to End Kingston section.

Anyone wishing to participate please contact David Batchelor at least one full day in advance of the hike. dlhbatchelor@gmail.com 613 264 1559

Sunday, January 20 Rideau Trail End to End Kingston section.

Anyone wishing to participate please contact David Batchelor at least one full day in advance of the hike. dlhbatchelor@gmail.com 613 264 1559

Saturday, January 26 Millpond Conservation Area

Level 2, 7 km. Moderate pace. Snowshoe or cross country ski around the trails. Gas \$2. Depart 9 a.m. Leader: Yvonne Kennedy yvnkennedy@gmail.com 613 267 9817

Saturday, February 2 Rideau Trail End to End Kingston section.

Anyone wishing to participate please contact David Batchelor at least one full day in advance of the hike. dlhbatchelor@gmail.com 613 264 1559

Sunday, February 3 Rideau Trail End to End Kingston section

Anyone wishing to participate please contact David Batchelor at least one full day in advance of the hike. dlhbatchelor@gmail.com 613 264 1559

Sunday, February 3 Rideau Trail Hike 10A to near 10C Ferrier Road East

Level 2, 8 km. Moderate pace. Car shuttle. Gas \$2. Depart 9 a.m. Conlon Farm. Leader: Brenda Ethier brendaethier6446@gmail.com 613 464 8746

Saturday, February 9 Murphy's Point

Level 2, 7 km. Snowshoe the Sylvan Trail. Gas \$2. Parking fee. Depart 9 a.m. Conlon Farm. Leader: Peder Krogh pederkrogh5@gmail.com 613 456 6085

Saturday, February 16 Rideau Trail End to End Kingston section.

Anyone wishing to participate please contact David Batchelor at least one full day in advance of the hike. dlhbatchelor@gmail.com 613 264 1559

Sunday, February 17 Rideau Trail End to End Kingston section.

Anyone wishing to participate please contact David Batchelor at least one full day in advance of the hike. dlhbatchelor@gmail.com 613 264 1559

Sunday, February 17 Baird's Wood Trail

Level 1, 6 km. Snowshoe around the interesting trails (1024 Herron Mills Rd., Lanark). Gas \$3. Depart Conlon Farm 9 a.m. Leader: Anna Cornel annamcornel27@gmail.com

(CENTRAL ACTIVITIES)

**Saturday, February 23 Rideau Trail
End to End Kingston section**

Anyone wishing to participate please
contact David Batchelor at least one full
day in advance of the hike.
dlhbatchelor@gmail.com 613 264 1559

INTERCLUB EVENT

**Saturday, February 23 XC Ski
Gatineau Park**

* Note 8 am departure *

Level 2 (possible Level 1 option) ski
with Ottawa Club on Gatineau Park
trails. Indoor lunch. Trail fee. Gas TBA,
Park fee. Depart Conlon Farm 8 am.
Leader: Nancy Gaudreau
ndgaud@gmail.com 613 390 9532

**Sunday, February 24 Rideau Trail
End to End Kingston section**

Anyone wishing to participate please
contact David Batchelor at least one full
day in advance of the hike.
dlhbatchelor@gmail.com 613 264 1559

**Sunday, March 3 Calabogie
Mountain Trail**

Level 3, moderate pace. 10 km. Hike
through pine forests and enjoy the
spectacular views and trails on
Calabogie mountain. Iciers and/or
snow shoes required. Gas \$5. Depart
from Conlon Farm at 9:00 a.m.
Leaders: Howard & March Robinson,
hmrob@storm.ca 613 256 0817

Rideau Trail Closed

Tuesday, March 12, 2019
Please stay off the Trail this day.

**Saturday, March 9 Round Lake
Loop**

Level 2, 10.4 km moderate pace
starting and ending at 09B Lally
Homestead. A classic hike/snow-
shoe circuit through a winter
wonderland in Murphy's Point
Provincial Park. Gas \$2. Parking fee.
Depart Conlon Farm at 9 a.m.
Leader: Jack Tannett
jtannett@cogeco.ca 613 466 0417

**Sunday, March 10 Mill of Kintail
Conservation Area**

Level 1, 7 km moderate pace. A very
enjoyable trek through a lovely
conservation area. Great for beginners
or families. Gas \$4. Park Fee. Depart
Conlon farm 9 a.m. Leader: Tom
Pearcey tompearcey7@gmail.com
(613) 284 1294

**Sunday, March 17 St. Patrick's Day
Rideau Trail Chaffey's Lock Blue
Side Trail**

Level 2, 8.7 km moderate pace. Stop
for snack at Opinicon Lodge, Visit Irish
cemetery en route and hear about grave
of race horse. Gas \$4. Depart Conlon
Farm 9 a.m. Leader: Anna Cornel
annamcornel27@gmail.com

**Sunday, March 24 Frontenac Park
Tetsmine Loop**

Level 2, 12 km. Moderate pace. Enjoy
this scenic hiking trail in the north end
of Frontenac Park. Iciers and/or snow
shoes may be required. Gas \$4. Depart
from Conlon Farm 9:00 a.m. Leaders:
Howard & March Robinson,
hmrob@storm.ca 613 256 0817



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Enjoy casual dining at Canthooks
Restaurant. Open for breakfast,
lunch and dinner or a refreshing
drink after a long hike.

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Party planner?
Rideau Trail's 50th is
coming fast.

Ideas wanted - for
marketing and
communications

Your local club executive needs
your help. Why not join them or the
RTA Board of Directors?

Be a leader!

Solve problems, plan the future,
work with amazing people who
want to build a better Rideau Trail

For more information contact any
Board member, your club chair, or
send an email to
info@rideautrail.org

RTA needs your skills

- Administrative
- IT/Technical
- Management

Pitch in with your Club
Make a difference

VP needed
Learn the ropes, get
involved

Get things done in a
group - pitch in, and join
a committee!

Ottawa Club - Hike Leader Training

BY NATALIE LASALLE

On September 6, 7 and 27, 2018 I actively participated in a hike leader training series with eight Rideau Trail members, organized by the Ottawa Club. We were an enthusiastic group of hikers eager to earn our qualifications to become hike leaders with the Rideau Trail. The September 6 training session presented theory (nutrition, hydration, clothing, weather conditions, etc.), while the September 7 map reading portion provided a combination of theory and hands-on practice.

Presenters were Dave Audette, Sandy Freeman and Jean Gauthier, supplemented with information from established leaders, Graham Creedy and Steve Kelly. The September 6 material was based on the Rideau Trail Association Guide for Hike Leaders. We received a copy of the Guide, plus detailed handouts about back-country lightning, heat-related illnesses, the RTA Incident Report and other information. In addition, they gave each of us a copy of the two presentations (one prepared by Dave Audette and Sandy Freeman, the other by Jean Gauthier).

We were encouraged to participate in a hike with an RTA hike leader who would mentor us in an outing. I was the sweep for Steve Kelly's October 3 Gatineau Park outing which culminated in joining up with Club veterans for lunch at Huron Lodge. During the hike I put into practice information learned in the session (including use of the whistle to advise the hike leader when the group became spread out!).

I enjoyed the opportunity to meet fellow hikers, learn more about the organization and most importantly to gain confidence so that I will be able to lead hikes in the future.

Natalie LaSalle is a first year member of the Ottawa Club.

PHOTO: STEVE KELLY



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 crest \$2.50 () RTA Name Badge - Pin (Print clearly please.) \$8.00 () RTA Name Badge - Magnetic (Clearly please.) \$9.00		() 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.	
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)		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): _____	

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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, including the Nobel Peace Centre.

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

MACHU PICCHU, PERU

September 13 to 25, 2019

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!**

NO CAMPING – ALL ACCOMMODATIONS ARE IN HOTELS AND LODGES

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.

JAPAN

October 6 to 20, 2019

An intriguing destination offering a mix of traditional customs intertwined with modern realities. Its history and culture are always at the forefront - from a soak in a hot spring to touring ancient Shinto shrines & dining in yukatas. Discover the beautiful hiking trails from Tokyo to Kyoto, including Kamikochi, the slopes of the iconic Mt. Fuji, and Takayama. Accommodations include western-style hotels & traditional Japanese ryokans, and the vibrant fall colours are at their peak in October.

5 spots left, including 1 for gentleman willing to share accommodations

TICO # 50018498

Recent Donations to the Rideau Trail

In memory of Carmeta (Cam) Hodges

Bruce Bromfield
Bob Chadwick
Barry Gordon
Jean Thompson
Dukke van der Werf
Nancy Young

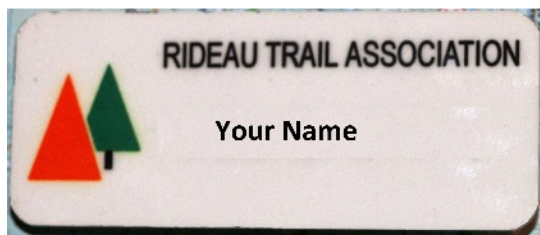
Sharen Yaworski- in memory of John Cornish
Dr. R. Neil Roberts- in memory of Bruce Henderson
Stephanie Brouillard
Tim Maly
Estelle Pye

Members Corner

Tips: Review the contents of your pack
(extra water, mitts, socks, first aid,
spikes, a kitchen sink...)
Check for Trail updates and Maps
Remember the Trail text descriptions

Using this space?

Missed an E2E hike? Find a hiking partner
for a make-up hike.
Want to buy/sell equipment?
Contact the Editor (page 4).



New Rideau Trail Name Badge

An innovation has arrived for our name badges. Members now have a choice of two types of fasteners: pin or magnetic.

The magnetic version will not compromise the water repellency of GoreTex type garments whereas a pin will pierce the membrane. However, pacemaker-wearers beware. Also, it might be more suited to indoor use, since it can sometimes lose its grip when hiking. Use the application (page 13) or order online.

KINGSTON CLUB ACTIVITIES - WINTER 2018-2019

WHAT TO BRING

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

NOTE

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

Please review the details about the Participant's Responsibilities and the definitions used by the RTA clubs (page 5).

NOT SURE?

The Hike Leader will thank you for your questions.

CARPOOLING AND FEES

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

MEETING PLACE

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

INFO FOR LEADERS

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

After the event, please send them to the Coordinator:

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

E-LETTER

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

Be sure to catch the 2019

Winter End to End

This year's series of hike/snowshoe events begins in Kingston and follows the Rideau Trail. Details on page 3.



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

ACTIVITIES CALENDAR

Saturday December 1 First Saturday Urban Walk

Level 1, easy pace, about 8 km. Start off the winter months with a nice Urban Hike. Meet at Canadian Tire at 10 am. We will walk from old trailhead on King to Tett Center and have refreshment at Juniper's Restaurant, then return to cars. Gas \$2. Leader: Sharen Yaworski 613 449 2808 sharenann@gmail.com

Friday December 7, Westport Wassail Walkabout

Level 1, easy pace 1.5 km. walk and carol sing in the village of Westport. Get into the spirit of the season by joining our Central Club friends as we sing Christmas carols by the dock in Westport. Optional dinner/refreshments afterwards at The Cove in Westport. The Cove requires a reservation so contact the leaders by December 5th if you plan to attend. Bring a flashlight so

that you can read your provided carol sheets. Depart from Kingston at 5 pm. Not meeting as a group at Canadian Tire, so call or e-mail ahead to arrange car-pooling, or meet in front of The Cove at 6:00 pm. Leaders: Gunhild Karius karius1@cogeco.ca or Bill Ottney 613 858 3183

Wednesday December 19 Carolling in Portsmouth Village

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

Saturday December 29 Intro to Winter Hiking

Level 2, moderate pace, 11.6 km. Meet at McIvor Rd Parking at 9 am and hike to Unity Road and return. Wear suitable winter clothing. Snowshoes

may be required. Even if snow is not deep bring snowshoes for snowshoeing assistance/tips. Leader: Rusty Bassarab rbassarab@gmail.com 613 634 6015

Sunday December 30 Little Cataraqui Conservation Area

Level 2, moderate pace, about 10 km. or less depending on temperature. Ski, snowshoe or walk depending on conditions. Bring lunch. Departing Canadian Tire at 10 am. Gas \$2 plus park fee. Leader: Audrey Sanger 613 384 6244

Saturday January 5 K & P Trail from Sydenham Rd to McIvor Rd

Level 2, moderate pace, 12 km. return. Enjoy this ski, snowshoe or hike depending on the conditions and your preference. Gas \$2. Departing

Canadian Tire at 10 am. Leader: Audrey Sanger 613 384 6244

Saturday January 5 Winter E2E1

This outing is for both groups. As this is part of the Winter E2E (page 3), all participants must sign up in advance with the hike leader: Rusty Bassarab rbassarab@gmail.com 613 634 6015

Sunday January 6 Winter E2E2

This outing is for both groups. As this is part of the Winter E2E (page 3), all participants must sign up in advance with the hike leader: Rusty Bassarab rbassarab@gmail.com 613 634 6015

Friday January 18 Winter E2E3 Moonlight Hike

As this is part of the Winter E2E (page 3), all participants must sign up in advance with the hike leader: Rusty Bassarab rbassarab@gmail.com 613 634 6015

Saturday January 19 Winter E2E3 XL Group

As this is part of the Winter E2E (page 3), all participants must sign up in advance with the hike leader: Rusty Bassarab rbassarab@gmail.com 613 634 6015

Sunday January 20 Winter E2E4 XL Group

As this is part of the Winter E2E (page 3), all participants must sign up in advance with the hike leader: Rusty Bassarab rbassarab@gmail.com 613 634 6015

Tuesday January 22 Full Moon Walk

Level 1, easy pace, about 4 km. Depart Lake Ontario Park at the Pavilion at 7 pm. Leader: Audrey Sanger 613 384 6244

Saturday January 26 North Side Discovery Walk

Level 1, easy pace, 6-8 km. Explore this eclectic area of old and new. Warm up coffee break along the way before walking back to CT starting point. Depart 10 am. from Canadian Tire. No gas fee. Leader: Linda Line 613 531 4353

Sunday January 27 Lemoine Point

Level 1, easy pace, 8 km. Ski, Walk or Snowshoe depending on conditions and

your preference. Lots of wildlife to see and feed. Bring lunch. We will have hot or cold drinks at Tim Hortons in the afternoon. Depart CT at 10 am. Gas \$2. Leader: Stan Huff 613 548 3003

Saturday February 2 First Saturday Urban Walk

Level 1, easy pace, about 8 km. Meet at Canadian Tire at 10 am and hope the sun is shining. Depending on the weather we will walk part of our Kingston Blue Loop. We will stop for refreshment along the way. Gas \$2. Leader: Sharen Yaworski 613 449 2808

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

Saturday February 2 Winter E2E5 XL Group

As this is part of the Winter E2E (page 3), all participants must sign up in advance with the hike leader: Rusty Bassarab 613 634 6015 rbassarab@gmail.com

Sunday February 3 Winter E2E6 XL Group

As this is part of the Winter E2E (page 3), all participants must sign up in advance with the hike leader: Rusty Bassarab 613 634 6015 rbassarab@gmail.com

Rideau Trail Closed
Tuesday, March 12, 2019
Please stay off the Trail this day.

Sunday February 10 Urban Waterfront Walk

Level 1-2, easy pace, 14 km. Walk from the old Trailhead (King St. West) to downtown and return along Waterfront Pathway. Catch a bus back if you prefer a shorter walk. Lunch at Morrison's or bring your own. Meet at 10 am at Canadian Tire. Gas \$2. Leader: Audrey Sanger 613 384 6244

Saturday February 16 Winter E2E7 XL Group

As this is part of the Winter E2E (page 3), all participants must sign

up in advance with the hike leader: Rusty Bassarab rbassarab@gmail.com 613 634 6015

Sunday February 17 Winter E2E8 XL Group

As this is part of the Winter E2E (page 3), all participants must sign up in advance with the hike leader: Rusty Bassarab rbassarab@gmail.com 613 634 6015

Wednesday February 20 Full Moon Walk

Level 1, easy pace, about 4 km. Depart Lake Ontario Park at the Pavilion at 7 pm. Leader: Audrey Sanger 613 384 6244

Saturday February 23 Little Cataraqui Conservation Area

Level 1, moderate pace, 10 km. Enjoy skiing on groomed trails, or snowshoe or walk beside groomed trails. Wildlife in trees. Lunch in a warm building. Fresh air and friends old and new. Depart from Canadian Tire at 10 am. Gas \$2 plus Park Fee. Leader Stan Huff 613 548 3003

Saturday February 23 Winter E2E

This is a "makeup" hike which will only be conducted if one of the other E2E hikes (page 3) is cancelled. Leader: Rusty Bassarab rbassarab@gmail.com 613 634 6015

Sunday February 24 Winter E2E

This is a "makeup" hike which will only be conducted if one of the other E2E hikes (page 3) is cancelled. Leader: Rusty Bassarab rbassarab@gmail.com 613 634 6015

Saturday March 2 First Saturday Urban Hike

Level 1, easy pace, about 8 km. Let's shake off winter with this Urban Hike with a refreshment break along the way. Meet at Canadian Tire at 10 am. Leader: Sharen Yaworski sharenann@gmail.com 613 449 2808

Sunday March 17 St. Paddy's Day Celebration

Level 1, easy pace, about 6 km. Whig Standard Building (Woolen Mill Cataraqui St) to Downtown. Breakfast; Irish Monument. Meet at Canadian Tire at 10 am. (or 10:15 if you wish to meet at Whig Standard Building). Gas \$2. Leader: Sharen Yaworski sharenann@gmail.com 613 449 2808

Introduction to Snowshoeing

Saturday, January 12 Gatineau Park

Note: The clinic may be moved to December, if snow comes early. Participating? Be sure to notify leader of your interest.

Beginner/Level 1, about 6 km, 2+ hours. After a brief stop at the Old Chelsea Visitors Centre for snowshoe rentals if necessary, we'll head over to trails 60 and 61 for a hilly forest walk, practising how to get up and down the slopes safely.

If you already have snowshoes, practise putting them on at home. Things to bring: hiking poles with snow baskets (if you have them), a hot beverage in a thermos and/or water, and a snack or lunch. After the hike we can have a Q & A/tips session at the Visitors Centre if desired.

Meet at Tunney's Pasture, no later than 9:15 am to depart at 9:30. We should be back in Ottawa by early afternoon.

Gas \$3. Leader: Ann Bolster
ann_bolster@hotmail.com



PHOTO COURTESY OF CALABOGIE PEAKS RESORT

Kingston Club

Annual Winter Getaway

Weekend
CANCELLED

Laurentians

The number of participants is too low to continue with this year's Ski Weekend Trip. We unanimously decided to cancel this years trip. Information, contact Bob Schofield.



Carmeta Thelma (Cam) Hodges
1936-2018

Cam came to Canada from Barbados in 1956 to study nursing. As a Registered Nurse, continuing her education throughout her life, Cam obtained a Master of Public Administration from Queen's University (1992).

Cam worked as a nurse in the Northwest Territories, before moving to London, Ontario. In 1975, she moved to Kingston to take up a position at St. Lawrence College as a Nursing Professor; a position she retained until her retirement in 1998. Cam was a founding member of the Ontario Nurses Association (ONA).

An avid outdoors person, Cam Hodges was a member of the Cataraqui Canoe Club, and she was a member of the Rideau Trail Association for 25 years. She served the RTA as Membership Director, Treasurer, and Secretary. She completed the Frontenac Challenge more than 5 times and earned a permanent plaque in the Park's visitor centre.

While in her 70's, Cam traveled to Spain to hike 800 km of the Camino de Santiago pilgrim trail. This was only one of her many travels that included Egypt, Europe, Russia, and Texas, as well as most of Canada.

Cam Hodges passed away peacefully on September 17, 2018 at Providence Care Hospital.

Passings

Timothy Andrew Grainger
1954-2018

Tim Grainger of Ottawa, passed away suddenly on August 25, at the age of 63. Tim was born in Kingston upon Hull, England, on September 30, 1954.

While a student at Bradford University, he married Prem(lata) Patel in 1976. The family lived in Zambia for two and a half years before immigrating to Canada in 1982, eventually settling in Guelph. Tim and Prem owned and operated Prescription Place pharmacy in Guelph from 1989 to 2003 and moved to Ottawa in 2009, where Tim continued to work as a pharmacist until his retirement in 2017.

Tim was a very kind and generous person who was always willing to lend a hand. He was a dedicated pharmacist with a true interest in health and helping others. Tim loved reading, music, tinkering with stereo equipment, jokes and the sea. He had an adventurous spirit and enjoyed travelling. He loved Indian culture and, in recent years, developed a particular interest in visiting South Asia. Above all, Tim loved spending time with family.



Ottawa Club Activities - Winter 2018-2019

WHAT TO BRING

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

NOTE

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

Please review the details about the Participant's Responsibilities and the definitions used by the RTA clubs (page 5).

NOT SURE?

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

EMERGENCY IN GREENBELT OR GATINEAU PARK?

Is it a life threatening emergency? Call 911! As a second step or for any other emergency, call 613-239-5353

CARPOOLING AND FEES

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

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

MEETING PLACE

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

Tunney's Pasture: The government parking lot on the west side of Parkdale Avenue just across from Emmerson Avenue.

Fallowfield Park & Ride: The northwest parking lot of the Park & Ride station, off Fallowfield Road west of Woodroffe Avenue. Park near the drop-off area by the bus shelters.

Baseline Park & Ride: The parking lot at the Park & Ride station on Woodroffe Avenue south of Baseline Road. Meet at the south end of the parking lot, farthest from the bus stop.

INFO FOR LEADERS

Blank activity sign-up/liability waiver sheets can be obtained online or from the Club's Activity Coordinator. After the event, please send them to the Coordinator: daveaudette3@gmail.com

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

E-LETTER

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

Regular Activities

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

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

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

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

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



Winter Outings

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

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

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

ACTIVITIES CALENDAR - OTTAWA

This season's theme: **Frosty Frolics**

Saturday, December 1 Gatineau Park, Carman/Brown Area

Level 2, about 12 to 14 km, moderately fast pace. Explore the trails P17 and P15. View intersection of 4 townships. Outdoor lunch. 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 ann_bolster@hotmail.com

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 jrgauth@teksawy.com

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

Level 3, about 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 daveaudette3@gmail.com

Saturday, December 15 Greenbelt, Old Quarry and Trails 23, 24 & 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 jrgauth@teksawy.com

Saturday, December 15 Gatineau Park, Old Man Lario's Hill and More

Level 2, about 8 to 10 km, depending on conditions, with climbing. From Mountain Road we will explore the former ski runs of the Beamish downhill

ski centre. In addition, we'll hike around the Lauriault Trail and, if the snow hasn't arrived, enjoy the scenic King Mountain trail as well. Occasional steep sections. Outdoor lunch; bring something warm in a thermos. Gas \$3. Leader: Ann Bolster, ann_bolster@hotmail.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

Membership Renewal
Have you checked your membership's expiry date?

Saturday, December 29 Jack Pine and Chipmunk Trails

Level 1 snowshoe or hike with crampons at a slow pace on flat terrain; NCC trails 26, 25, and 28 from P11 (West Hunt Club Road). About 8 to 11 km, depending on the conditions and the route we follow; about 3½ hours at a moderate pace. Outdoor lunch at the Flood Lime Kiln. Depart Baseline Park & Ride at 9:30 am. Gas \$2. Leader: Jean Gauthier 613-422-3997 jrgauth@teksawy.com

Saturday, January 5 and Sunday, January 6 Winter End-to-End No. 1

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

Saturday, January 5 Greenbelt: Pinhey Forest

Level 1, about 7 km. Afternoon hike/snowshoe on flat terrain through a wooded area. Depart at 1 pm from the trail head, P14, at the south end of the parking behind the Nepean Sportsplex, 1701 Woodroffe Ave. (Served by OC Transpo bus #95). Optional coffee stop afterwards. Leader: Ethel Archard, ethel.archard@sympatico.ca 613-592-7733

Saturday, January 12 XC Ski: Murphy's Point Provincial Park

* Note 8 am departure *

Level 2 Explore the Park's groomed ski trails with Central Club. Indoor lunch. Possible late return. Meet for prompt 8 am departure from Tunney's Pasture. Gas \$10 plus Park fee. Leader: Steve Kelly stkelly@rogers.com

Saturday, January 12 Snowshoeing Clinic

Level 2, beginners pace, about 6 km/2+ hours. Possible equipment rental, then Trails 60 and 61 for a hilly forest walk. Q and A session at the Visitor Centre after lunch. Meet at Tunney's Pasture, no later than 9:15 am to depart at 9:30. Gas \$3. Leader: Ann Bolster (ann_bolster@hotmail.com) See description on page 17.

Saturday, January 12 Gatineau Park, Alexander Trail Area

Level 2+, about 10 km depending on snow conditions, following faint trails, some off trail and climbing to an outside lunch with a view or possibly to a cabin. Meet at Tunney's Pasture for a 9:20 am departure. Gas: \$3. Leader: Denise Hall (rebeccahall@rogers.com) 613-843-8222.

Friday, January 18 (night hike), Saturday Jan. 19 and Sunday Jan. 20 Winter End-to-End No. 2

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

Saturday, January 19 Gatineau Park, Snowshoe

Level 2+, 10+ km from Cregheur Rd. to NightHawk trail and return, mostly on faint trail. Meet at Tunney's pasture at 9:15 for 9:30 departure. Gas \$3. Leader: Na Lin (linnakgh@yahoo.ca)

Saturday, January 26 Gatineau Park Snowshoe Expand your horizons!

Level 2 or 3, participants choice. About 10 km. Are up to the next level? This is your chance to find out. Start out together at Wolf Trail, then branch at different points. There will be an option for those trying levels to take 'off ramps' if needed but the outing is based on the intent to complete the level chosen. Snowshoes required, bring spikes if you

have them. Outdoor lunch. Meet at Tunney's at 9 am for an overview and to select a target level. Gas \$3 Leader: Kevin Reynolds 613-258-1337 kevinjunk9@gmail.com

Sunday, January 27 XC Frolic in the Greenbelt (Tour of Kanata Nordic)

Level 2 or 3, length depending on skier. Guided tour of Kanata Nordic cross-country trails (classic, skate or snowshoe), then explore on your own. Registration (required) in advance by contacting the leader by Thursday, January 24. Trail fee waived for the day. Meet at 10 am at Kanata Nordic chalet (near Wesley Clover Parks campground, 411 Corkstown Rd). Car shuttle from Moodie station available. Leader: Kevin Chapman 613-591-9899 calwa@sympatico.ca

Saturday, February 2 and Sunday, February 3 Winter End-to-End No. 3

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

Saturday, February 2 Hike or Snowshoe South March Highlands

Level 1 but with rolling hills, about 5-6 km, afternoon hike at an easy pace. The South March Highlands Conservation Forest won the 2012 National People's Choice Award for Public Spaces. Optional coffee stop afterwards. Depart at 12:30 pm from Baseline Park & Ride. Gas \$3. Leader: Ethel Archard ethel.archard@sympatico.ca 613-592-7733

Saturday February 9 Larose Forest Frolics

Combined cross-country skiing and snowshoeing day. L1 and L2: ski 10 or 15 km; snowshoe 7 or 9 to 10 km. The beautiful pine forest provides easy conditions: no hills. Outdoor lunch under a roof. The park has 46 km of cross-country ski trails, 18 km of snowshoe trails. Ski from P2 on Champlain Road near Bourget. Snowshoe from P1 (closer to Limoges) or P2. Trail map at <https://tinyurl.com/Larose-Forest-Winter-Map> Meet at Tunney's Pasture at 9:15 for a 9:30 am departure. Gas \$5. Multiple leaders. Coordinator: Dave Audette, 613-601-2833 daveaudette3@gmail.com

Saturday, February 16 and Sunday, Feb. 17 Winter End-to-End No. 4

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

Saturday, February 16 Rideau Trail: Marlborough Forest

Level 2 snowshoe 8.5 km. Rogers Pond to the old Deliverance Cabin remains. Outdoor lunch. Depart from Fallowfield Park & Ride at 10:00 am. Gas \$5. Leader: Doug Parsons 613-843-8222

Rideau Trail Closed
Tuesday, March 12, 2019
Please stay off the Trail this day.

Saturday, February 16 XC Ski Frosty Frolic on Ponds

Level 3, an easy backcountry ski tour on Loppet Saturday. Gaiters, poles with baskets and experience with backcountry/ungroomed trails (21, 22, etc.) required. Outdoor lunch. Meet to leave Tunney's Pasture at 9:30. Gas \$3. Information: Steve Kelly stkelly@rogers.com

Saturday, February 23 and Sun., Feb. 24 Winter E2E No. 5 (if req'd)

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

Saturday, February 23 Gatineau Park Snowshoe Bear Pond

Level 3 Bear Pond Loop off Cross Loop Rd. About 11 km, depending on snow conditions. We will aim to eat in Healey Cabin but also be prepared to eat outside. Meet at Tunney's Pasture for a 9:20 departure. Gas \$3. Leader: Denise Hall, rebeccahall@rogers.com 613-843-8222.

INTERCLUB EVENT

Saturday, February 23 XC Ski Gatineau Park

Level 2 (possible Level 1 option) with Central Club skiers. Indoor lunch. Trail fee. Route TBA. Meet at Tunney's Pasture for a prompt 9:30 departure. Leader: Steve Kelly stkelly@rogers.com

Saturday, March 2 Gatineau Park, Snowshoe Loop: Survey and Beamish Hills

Level 2, 8-10 km, probably with lots of trail-breaking. Climb gradually from Kelly Road to the Triangulation Station (aka Survey Hill) for a great view, then descend to the parkway and shortly reach a cabin, avoiding the ski trails; bring something to toast on the wood stove. The return will take in a spectacular waterfall and excellent views from the precipitous Beamish Hills, where frosty frolicking will be discouraged. Gas \$3. Leader: Ann Bolster, ann_bolster@hotmail.com

Saturday, March 9 Exploratory Snowshoe, Buckingham Area

Level 3, about 10 km give or take, hilly on unbroken snow with significant off-trail - expect a good workout. Mixed forest and small lakes north of Buckingham. This will be a different route than last year but again semi-scripted combining mining/logging roads and off trail. We will aim to have lunch in our (very rustic) cottage, so there will be a dry place to sit out of the wind but no power/heat/water and no road access in the winter. Meet at Tunney's Pasture at 9:15 am for 9:30 departure. Gas \$6 Leader: Kevin Reynolds, kevinjunk9@gmail.com 613-258-1337

Saturday, March 16 Gatineau Park, Snowshoe Old Champlain Trail

Level 2, 8 to 10 km, depending on conditions. Ascend from Hollow Glen to the old Champlain lookouts for fabulous views. Lunch with the skiers at Huron Lodge after off-trail visits to TeePee2 and possibly the McGuire farm area; steep sections. Meet at Tunney's Pasture, no later than 9:15 am to depart at 9:30. Gas \$3. Leader: Ann Bolster (ann_bolster@hotmail.com)

Reminder: the membership year ends March 31. Are you 'in' for 2019?



Is Flagpole Hill the High Point?

Behind this skier, at about 175 m elevation, Flagpole Hill is certainly up there. Is it the highest point on the Rideau Trail? Near Westport, isn't the Trail above Westport Sand Lake a bit higher? The GIS project (page 6) should answer that one for us. Note: in Frontenac Park, the high point is the Mink Lake Lookout at 195.5 m (Amazingplaces.ca).

JANICE LEY PHOTO

Paden Boardwalk Volunteers



Apart from the expense of travelling to the trail site each time, RTA people devoted a total 336 hours of manual labour to complete this project. (page 22)

Ron Arsenault
David Bachelor
Michael Beaupré
Jason Beaupré
Claude Bouchard
Steve Cole
Erica Eason
Sandy Freeman
Max Green

David Hallman
Steve Kelly
Brian Le Conte
James Lorimer
Terry McComb
Kent Philips
Kevin Reynolds
Carol Seal
Ingrid Stott



Testing Boardwalk for Versatility



Flagpole
Inscription

KEVIN CHAPMAN
PHOTO

End-to-End hikers reach Perth on a hot day in August



The End-to-Enders

BY THE PASSIONATE HIKER

There's something special about completing the entire 328 km Rideau Trail, in one series of hikes. Thanks to the efforts of all three clubs, a program of twenty three hikes was arranged, allowing members to walk the entire trail in south to north sequence, averaging roughly fifteen kilometres per hike, between March and October this year.

Nothing beats an end-to-end hike to create camaraderie between the clubs. Such was the case during this year's hikes. Although only two members completed the entire end-to-end, many others joined in along the way, and always we had a good mix of members from the different clubs, getting to know each other better.

The 2018 End-to-End Hike Series came to a successful end in Ottawa on a cool, colourful Saturday in mid-October. And now the talk has already turned to the upcoming Winter End-to-End, starting next January. Look out for more information, and come join us for some good hiking and great company.
<http://thepassionatehiker.blogspot.com/2018/03/sun-18-march-rideau-trail-2018-end-to.html>

Crazy Canucks ARE Us

BY CAROL SEAL

January 6, 2018 was a very cold day indeed. The temperature was -26 degrees and with the wind chill factor, it was -40! But there we were at 8:30 am, all 14 of us, out in the bitter cold and prancing like race horses at the starting line. We were about to start a 20 km hike on the Rideau Trail, along quiet country roads and through the frozen Marlborough Forest.

In the days leading up to this hike, our family and friends didn't quite know what to make of us. Everyone had been minding the weather forecast and, surely, wouldn't the hike be postponed? It was insanity to be outside in such weather! Who in their right mind would want to go hiking?! Well, it seemed we crazy Canucks did.

Perhaps we were out there because we were a stubborn lot and weren't going to let a little winter weather stop us. Or perhaps we didn't want to disillusion our loved ones into thinking we were, in fact, sane. Then again, perhaps because it was Day One of the Winter 2018 End-to-End, and we were committed to the challenge!

That day was indeed a challenge. Picture it: 14 souls dressed in a multitude of layers, with iced-up goggles and

frozen balaclavas. We all walked on the crunchy snow without conversation so as to conserve energy and concentrate on putting one never-too-warm foot in front of the other. You'd have to picture it because none of the three, avid photographers in our group took many photos, if any, for fear of frostbitten fingers! (It's very difficult to operate a SLR camera with gloves on.) Thankfully, we all survived that hike with noses, fingers and toes intact.

We would go on for five additional hikes to reach our final destination, the Rideau Canal Locks in Ottawa. When we did, it was a moment of triumph and jubilation! Six of us finally finished the 326 km journey we began together in 2016, on a cold and rainy day in Kingston. We had endured the challenges Mother Nature threw at us, been each other's teacher, and shared experiences only such an adventure can provide. Strangers when I began this journey three winters ago became friends. I never pictured myself reaching the end point with so many memories I'll always treasure.



Carol Seal: Ottawan who knows 'dressing for winter'. Niels Rasmussen photo

Success!

Paden Boardwalk Construction

BY SANDY FREEMAN, VOLUNTEER

The summer of 2018 will be remembered for the feelings of joy expressed by the nineteen members who contributed over 300 hours of volunteer labour to construct the Paden Road Boardwalk, despite intense heat, humidity.

Ottawa's Maintenance Co-ordinator Mike Beaupré, with strong support from Landowner Liaison Lianna Cousins, relied on technical support from Jim Lorimer and David Batchelor (Kingston and Central Clubs respectively), to prepare the details on the design and materials required. The proposal was presented to Ottawa Club members at their Annual General Meeting, and on April 21, 2018, the RTA Board of Directors approved and provided funding of \$6550.00. In the end, the project came in under budget, thanks to the discounted material costs from Perkins Home Building Centre in North Gower, .



Throughout the construction and installation of the boardwalk, I was continuously amazed and proud of the dedication and commitment to the Association by the nineteen volunteers. Members employed woodworking skills and used specialized power tools. I gained confidence installing deck screws

Claude Bouchard with a tool he constructed for the project

with a power driver thanks to the guidance of the experts! The project was accomplished with a sense of humour and lots of laughs even when the humidex was 40.

At the September 30 official dedication ceremony, we realized this was a project made possible only by the dedication of Rideau Trail Association members.



End-to-end hikers on the completed boardwalk in September



Ottawa Maintenance Coordinator, Mike Beaupré (r) thanks Mark Perkins for his business' support for the boardwalk project.



"Why build a boardwalk?" This was a shared snowmobile/hiking trail that routinely flooded to cover deep gouges of ground. Before the boardwalk, the challenge was to navigate through deep water, without inadvertently stepping into an unseen six-inch pothole.

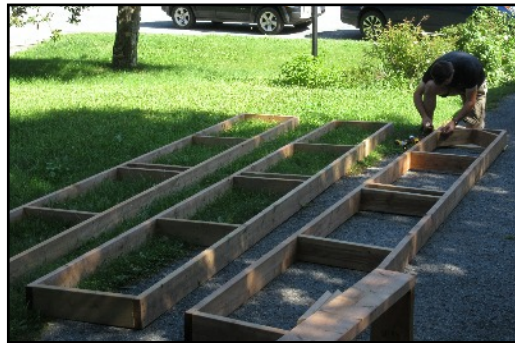
Early in June, volunteers began clearing the new path of trees and brush to the right of the red and white sign. They used chain saws, weed whackers and pruning tools with a heavy dose of sweat equity!

CONSTRUCTION PHOTOS: STEVE KELLY

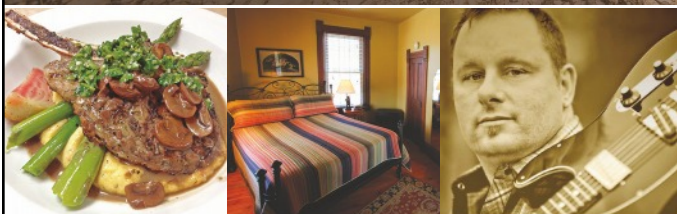
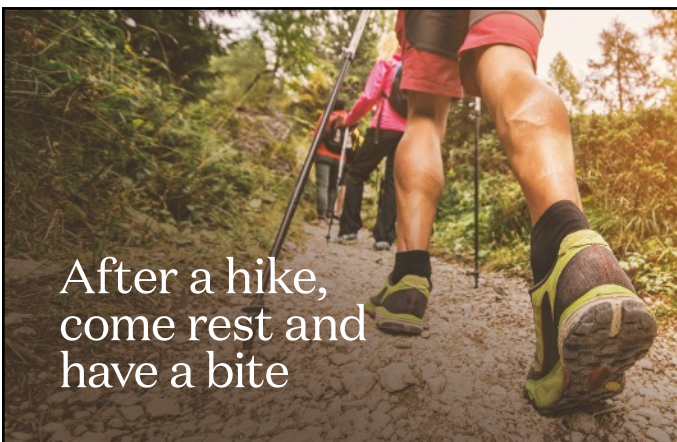
Once the initial clearing was completed, assembly of the frames commenced at Claude Bouchard's house.



Made from 2x6 lumber, each frame was 16 feet long and would provide a 24" wide footpath, stable for hikers in the warmer months and wide enough for snowshoeing in the winter. Working in 30 degree weather, volunteers appreciated having a little shade.



Volunteers found new muscles when carrying the 100 pound frames to their destination. Then the structures were positioned, supported and levelled before the deck planks were placed. Bridging sections were constructed where the path turned.



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Volunteer and Ottawa Chair, Sandy Freeman officially opens the Paden Road Boardwalk, September 30, 2018.
PHOTO: JEN FORGIE



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addresses to
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PO BOX 15
KINGSTON ON K7L 4V6

My Favourite Place



Frontenac
Provincial Park

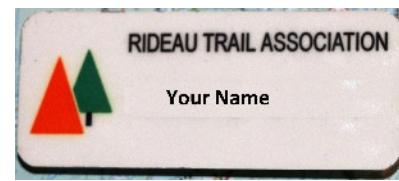


Big Salmon may be my favourite loop in Frontenac, since you sometimes feel like you're in a Group of Seven landscape. Initially it was the water and reflections in it that reminded me of a painting in the National Gallery. But then I saw some of the rocky outcrops and islands that were even more compelling. (ANN BOLSTER, OTTAWA)

Bill Murdoch leading in Winter (see page 8)



BILL OTTNEY PHOTO



The member's name badge is now available with either a magnetic or a pin fastener.



Inside Winter

EDITED BY STEVE KELLY, OTTAWA

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