



Rideau Trail

NEWSLETTER

Spring 2019

Issue No. 191



Winter End-to-End 2019



DAVID MCNICOLL PHOTO



HOWARD ROBINSON PHOTO



PHOTO BY RÉJANNE



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Departures Saturdays from January 5 to December 28, 2019
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- **8 days/7 nights**
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Departures weekends from January 5 to December 15, 2019
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Canadian dollar rates available for this tour on request

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- **7 days/6 nights**
- **Individual Self-Guided**

Aostatal, Val Ferret and Courmayeur. The places that you will pass in this leg of Tour Mont Blanc read like the best-of's of the mountain world. There is hardly any walking trail in the mountains that is more beautiful than this one.

Departures daily from June 29 to September 15, 2019
€799.00 - €839.00 Double Occupancy
Canadian dollar rates available for this tour on request

Rideau Trail Association
Annual General Meeting
SATURDAY, JUNE 1, 2019

Royal Canadian Legion
7 Main St. East, Smiths Falls

Program

9:00-9:30 a.m. Registration, refreshments, meet and mingle
9:30-noon Business Meeting and Presentation of Awards
12:00 -1:30 p.m. Lunch, social time, beverages available for purchase

1:30 p.m.

Activities:

Historical walk or hike along the Rideau Trail;
Visit Railway Museum, or Tweed Cannabis Factory

3:00- 5:00 p.m.

Wrap-up: Bar will be open back at the Legion for social time and farewells. Come and share your experiences and mingle with members of other clubs.

Lunch

The Ladies Auxiliary will prepare our lunch. Send no money now, but you must reserve ahead of time by contacting Carol Seal at 613-291-7547 or carol.seal.613@gmail.com. The deadline to order the meal is Friday, May 17.

Cost: \$15.00, payable at the meeting *** EXACT CHANGE ONLY, please ***

Menu

Ham, egg and salmon sandwiches, pickles and cheese, raw vegetables, squares and fruit, tea and coffee. Alcoholic beverages and soft drinks will be available for purchase at the bar. Note: vegan and gluten-free meals are not provided.

Parking on Saturdays in Smith Falls is free.

If you require transport or are willing to drive, please contact:

Central Club: Dorothy Hudson - hudsondorothy44@gmail.com 613-267-5756

Kingston Club: Sharen Yaworski - sharenann@gmail.com 613-544-6022

Ottawa Club: Sandy Freeman - ottawa@rideautrail.org 613-225-2940



Announcement

In January, the Board of Directors appointed CAITLIN FARQUHARSON as Director of Marketing and Communications. Caitlin joined the Rideau Trail Association after moving to Ottawa from the West Coast, to work with Parks Canada as a Policy Advisor. Previously, she has held marketing and communications positions in recreation, the financial sector and the Federal Government.

Caitlin was born and raised in Banff. She is a keen hiker, and is looking forward to meeting fellow hikers along the Trail, and at the Annual Meeting in Smiths Falls. Some of Caitlin's favourite hikes include the West Coast Trail, Larch Valley/Sentinel Pass, and multiple trails in Gwaii Haanas National Park Reserve on the north-west tip of British Columbia. As with all Rideau Trail 'jobs', Caitlin's is a voluntary role with the Rideau Trail. Be sure to join us in welcoming Caitlin to the RTA.

End to End Badges - presented to deserving members at the Annual Meeting, if they have registered with the Secretary in advance. See Member Services, page 7.

Special Mid-Week Hikes at Murphys Point

Joint Outings: Park-Rideau Trail

New for 2019! The Rideau Trail Association and Murphys Point Provincial Park are excited to introduce a series of monthly, themed hikes at Murphys Point. Primarily designed to get people out with others exploring the park, the series will loosely focus on the geology of the area. Individual hikes will investigate how the bedrock of the park has impacted not only the landscape but also the natural and cultural history of the area. Although themed, the hikes will only make a few interpretive stops along the way, as each hike will typically be 5-6 km (2 hours) and of an easy to moderate level. They will not be suitable for younger children.

The hikes will start in the Park at 9:30 am. A vehicle fee (\$14.50 regular, \$11.50 senior) is payable at the Provincial Park meeting point where cash/cheque only will be accepted. Cards are accepted at the HQ (and at the Gate House in July/Aug). Permits are valid for the day, so why not take advantage of other facilities in the park such as the beaches, store, and other short walks? Other than Wednesday May 15 th, all other hikes (June - Sept) are scheduled for the 2nd Wednesday of each month. For carpooling from Perth, please meet at Conlon Farm at 8.45 am for a 9 am departure.

The Hikes: Here are the details of the first two hikes in May and June. Information will follow in the Summer Newsletter for the subsequent hikes.

Wed. May 15 - Point and Sylvan Trails

This 8 km moderate walk will set the scene for the series by taking in some of the most beautiful rock formations and vistas in the park.

Wed. June 12 - Campground Loop

This 6 km easy/moderate walk will look at how the geology of the park determines the types of natural vegetation that grow here. Setting out from the HQ, we will follow the day use road/ski trail before hooking up with the Sylvan Trail and then looping back via the main beach.

A Strong Partnership: A strong cooperative partnership exists between the RTA and Murphys Point Provincial Park. RTA members will recall that in 2018, with the active support of MPPP leadership, a beautiful new section of Rideau Trail was created through the Park, leading to a superb viewpoint of Big Rideau Lake. This section of trail will be part of one of these hikes.

Please come out and join this series of hikes. The first one is scheduled for Wednesday May 15.

Photo: View of Big Rideau Lake from the new section of Rideau Trail in Murphys Point Provincial Park. Created with active support from MPPP Leadership.



Rudolph and all the reindeer
had a nasty case of flu.
Santa said "That's no problem -
I know what to do.
Although my usual transport
is now of no avail,
I'll get my pack together
and hike THE RIDEAU TRAIL!"

Central Club expressed gratitude
to our landowners with a special
Christmas Card

Rideau Trail Closed

Tuesday, March 12, 2019

The Trail, where it crosses private land, is closed on this day to protect the landowners, who let us cross their land the rest of the year. The RTA thanks all landowners for their generosity.

PLEASE TAKE CARE NOT TO TRESPASS ON THIS DAY.

Thank you

Paul Galipeau

For coming forward to fill a vacancy;
For updating and improving our web
presence;
For creating a place in social media
for the RTA;
For the enthusiasm that accompanied
your expertise;
For finding a replacement, following
your resignation after four years of
making a significant contribution to
the Trail and to the Association.



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www.rideautrail.org

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

Electronic Mail: info@rideautrail.org

Webmaster: web@rideautrail.org

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

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

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

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

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
Member at Large: Pascale Champagne
Newsletter Editor: * VACANT *

Ottawa Club Executive

Chair: Sandy Freeman
Past Chair: Denise Hall
Vice Chair: Carol Seal
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

Board of Directors

President: Brian Grant, Ottawa
(613) 225-8770 president@rideautrail.org
* VACANT POSITIONS WITH TEMPORARY APPOINTMENT *
Vice President: Dorothy Hudson, Smiths Falls
hudsondorothy44@gmail.com
Membership Director: Bill Ottney, Smiths Falls
(613) 858-3183 membership@rideautrail.org
Treasurer: Phil Dawes, Ottawa
treasurer@rideautrail.org
Secretary: Ruth Oswald, Orleans
(613) 590-7467 secretary@rideautrail.org
Trail Coordinator: David Batchelor, Perth
(613) 264-1559 trailcoordinator@rideautrail.org
Marketing/Communications: Caitlin Farquharson, Ottawa
marketing@rideautrail.org (613) 255-8760

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

Association News

Highlights of RTA Board Meeting

McMartin House, Perth, January 19, 2019
BY DOROTHY HUDSON, ACTING VICE PRESIDENT

Trail Updates

- The Secure Our Trail working group meets frequently and is making good progress with the GIS project. The committee is in need of more members to help complete the work.
- The GIS project was introduced to key Central Club members at a meeting in December. The same information session must be held in Ottawa and Kingston.
- A reminder that Incident Report forms should be completed when serious incidents occur during RTA activities.

Important Motions

- The Board approved a motion to Bylaw #3, which deals with the voting rights of members. The goal is to clarify that each of the two adult members in a household is entitled to a vote.
- The Board approved the appointment of **Caitlin Farquharson** as Marketing and Communications Director effective January 20, 2019, until the AGM on June 1, at which point she may be voted in by the membership.

Club Activities

- Ottawa Club is planning an overnight trip to Westport trip for the fall of 2019.
- Central Club reports that inter-club coordination is going well. A successful joint activity was held with the Railway Museum in Smiths Falls, involving a historic walk and a train ride.
- Kingston Club is working with the CRCA to address safety issues in the Marshlands area.

Board Issues

- The Board is reviewing policies on: mileage claims for RTA business, allowing service animals on hikes, and privacy of information.
- Recruitment is underway to replace our Membership Director at the 2019 AGM. Vacancies remain for the positions of Vice President and Newsletter Editor.
- The RTA's 50th anniversary is fast approaching. The Board seeks input from the Clubs regarding how we should celebrate this milestone.

Notice of Motion: Change to Bylaws

To provide voting rights to all adult members requires an adjustment to the Rideau Trail Association Bylaw #3.

A motion to amend Bylaw #3 (g) reads as follows:

Each individual member and the two adult members listed for a family membership whose membership is in good standing shall be entitled to one vote at any special or general meeting of the Corporation, or of the affiliated club.

This motion will be presented to the membership for a decision, at the Association's annual general meeting (AGM) in Smiths Falls on June 1, 2019.

Information: Brian Grant president@rideautrail.org (613) 225-8770

Kingston Annual Meeting
Kingston Seniors Centre
56 Francis St., LaSalle Room

Wednesday April 10th

6:30 to 9 pm

Come out and meet your executive, and our new members who have joined us this past year. We need your input to keep our club working for you.

Refreshments will be provided as we meet & mingle at first. Meeting will start promptly at 7 pm. Door prizes!

Treasurer

- Phil Dawes has taken over as RTA Treasurer, and hopes to simplify our accounting system
- Phil is planning to work closely with Club Treasurers to standardize reporting procedures
- Mail Chimp costs \$70/month, could be used less frequently for savings.

Keeping the Trail Open

Central Club Style

Work crews are scheduled every Tuesday from May 14 until July 23, 2019 and occasionally on other days. If you enjoy working with your hands and sharing in the fellowship of other volunteers, please come and join us. We will be meeting at Conlon Farm at 8:30 am.

Routine Maintenance activities include:

- Clearing deadfall
- Installing and replacing signage
- Trimming brush and weeds from the trail

Throughout the season we also repair and replace boardwalks and fence crossings. If you have any questions please contact either Bert Stranberg at pbstranberg@gmail.com or Peder Krogh at pederkrogh5@gmail.com

Saturday, April 20, 2019
It's World Volunteer Day

Are you a Rideau Trail Volunteer?

Hike leader, social media moderator, Trail maintainer, social convener, navigator, map maker, committee member, Board/Executive member, other...

Thank You!!!

If you are 'just a member', what's holding you back?

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or call 1-866-445-3774



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 on 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)
Ruth Oswald, RTA
Secretary
secretary@rideautrail.org



Central Section
ndgaud@gmail.com
Nancy Gaudreau, Central
Club Secretary



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



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

Death on the Rideau Canal

Myths and Reality

BY KEN WATSON

For years now I've been trying, with limited success, to beat down misconceptions about the building of the Rideau Canal. Certain erroneous beliefs are persistent. Many people still think that the malaria that affected the workers was brought to this area by British soldiers and that it was unique to the Rideau – that's incorrect on both counts. Many people think that workers who died were buried in unmarked graves – they weren't. Many people think that the Rideau construction camps were like a gulag with a callous disregard for the worker – they weren't. We'll look at a few examples.

The tale that malaria was brought here by British soldiers who had served in malaria-prone areas comes about from a non-understanding of what malaria is. Malaria is a parasite that needs two hosts, humans and mosquitoes (a particular type that bites more than once), with a minimum number of each infected to sustain the malarial cycle. There are five varieties of the malaria parasite, four of which are located in tropical areas where mosquitoes are present all year. There is also a temperate variety, *Plasmodium Vivax*, which survives in colder climates where mosquitoes are only present for part of the year. *P. Vivax* can do this since it has the ability to stay dormant in a human liver until the mosquitoes are out and biting again. This type of malaria dates back to the late 1700's in Upper Canada (it was originally imported into

North America from Europe). It was already well established in Kingston and Perth by the time canal construction started. *P. Vivax* has a low mortality rate compared to the most common and much more virulent form of tropical malaria (*P. Falciparum*). On the Rideau, about 60% of the workforce caught the disease each year and about 2% died. Deaths were likely not due to the malaria alone, it interacted with common health issues of the day (dysentery, tuberculosis, etc.) and that increased mortality.

The unmarked graves myth is from a simple misunderstanding of burials and cemeteries. For the last 150 years or so, people in this area have been buried in established church/community cemeteries with most graves marked with a carved stone headstone. So that expectation, when looking at the older canal-era cemeteries where we see no markers, or only a few apparently scattered fieldstones, led to the erroneous conclusion that the original graves were unmarked, or only marked with a blank fieldstone.

This myth continues to this day. A recent brochure about the newly re-named Royal Sappers and Miners Cemetery in Newboro, states "An unknown number of civilian workers are buried at the cemetery, with their grave sites originally marked by unidentified stones." That is incorrect. We know that funerals were held for those who died (we have a few descriptions of those). As would have been common in the era, a wooden marker was placed at the head of the grave, with the person's name on it. Also common in that era was to place a fieldstone to mark the foot of the grave. The wooden markers have long since rotted away, leaving only the foot-stones as evidence that a grave was there.

In tackling the concept that there was a callous disregard for the workers (the gulag concept) we have three issues; cultural bias in historical interpretation, evaluating actions in the past against the standards of today and, as noted above, a misinterpretation of how people were buried at canal burial sites. Rideau work camps were quite similar to the timber camps of the day. The contractor built log structures; cabins, cookhouses and bunkhouses, to house and feed the workers. We have several period paintings showing those. The workers at some sites also built their own cabins to house their families. Some work sites grew into small communities with taverns and schools. When a worker or family member died, a funeral was held and they were buried in marked graves. If a worker died by accident, an inquest was held, this was the law in Upper Canada (accidents were actually quite low for a project of the Rideau's magnitude). The workers were paid in cash (silver coins), that was a requirement of the British Commissariat. The work was hard but most of the deaths were by disease which included regular fevers, dysentery, tuberculosis, and complications of those interacting with malaria. We see Lt. Colonel By trying to mitigate the problems as best he could – no one wanted to see workers get sick or die. While we see those numbers as high (as many as 1,000 men, women and children over the 5 years of construction), they pale in comparison to deaths by



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(DEATH, CON'T)

disease in urban areas – Montreal for instance saw almost 2,000 deaths by cholera in 1832 and many additional deaths due to cholera in 1834.

We see some cultural groups (i.e. Irish) commemorated more than others (i.e. French Canadian). Everyone was in the same boat on the Rideau – disease and death played no cultural favourites; the Royal Engineers, the contractors, the British soldiers, the tradesmen (multi-ethnic) the labourers (Irish and French-Canadian) and the women and children on the work sites, all got sick and had similar mortality rates, all were living and working in the same conditions. Contractor John Redpath at Jones Falls said in a letter written on December 31, 1831 in referencing malaria: "I caught the disease both the first and second year [1828 & 29] missed the third [1830] but this year had a severe attack of Lake Fever – which kept me to bed for two months and nearly two months more before I was fit for active service." Redpath noted that if he'd known what he was getting into, he wouldn't have taken the job "Nothing can compensate for the worse of health so no inducement whatever would stimulate one to a similar undertaking." It was tough for everyone.

When we measure Colonel By's actions against the norms of the day he comes out looking very good. He bucked a number of conventions and regulations in trying to help the workers. He was a man ahead of his time in many aspects, from engineering to human compassion.

There was a human cost in building the Rideau Canal and we should never forget that. But we also shouldn't view the building of the Rideau Canal as a project that had a callous disregard for human life – that's simply not true. They did the best they could given the circumstances of the times.

KEN WATSON'S ARTICLE APPEARS COURTESY OF THE
FRIENDS OF THE RIDEAU CANAL
[HTTP://RIDEAUFRIENDS.COM/](http://rideaufriends.com/)

Kingston Hike Leader Recruitment

Kingston Club is seeking volunteers to lead walks, hikes, and other outings. Our roster of active hike leaders is dwindling and we are IN NEED OF ADDITIONAL VOLUNTEERS for outings of varying types and all levels. Mentoring and Hike Leader Course will be available for new recruits. If interested please contact Peter Burbidge at peterbur@kingston.net or 613 634 1877

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.

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Phone: 1-709- 334-2208

Fax: 1-709- 334-3601

email: brownrabbitcabins@nf.aibn.com

www.brownrabbit.nl.ca

CENTRAL CLUB ACTIVITIES - SPRING

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 9). At their discretion, hike leaders may refuse to take a hiker who does not have proper equipment or clothing.

NOT SURE?

The Hike Leader will thank you for your questions.

CARPPOOLING 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 Hikes at Murphys Point

We will be supporting a monthly, mid-week hike program being organized by Murphys Point Provincial Park. These will be Level 1 hikes of 5-8 km length around different parts of the Park. Led by Parks staff, they will have an interpretive theme. May 15, June 12, July 10, Aug 14, Sep 11. (Page 4)

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 margaretilafrance03@gmail.com

Special Events

April 6 Central Club Annual Meeting
April 27 Festival of the Maples Perth
June 1 RTA AGM Smiths Falls

**TRAIL CLOSED
MARCH 12**

Activities Calendar

Sunday Mar. 3, Calabogie Mountain Trail

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

Saturday Mar. 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 am. Leader: Jack Tannett jtannett@cogeco.ca (613) 466-0417

Sunday Mar. 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 am. Leader: Tom Pearcey tompearcey7@gmail.com (613) 284-1294

Sunday Mar. 17, St. Patrick's Day Rideau 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 at 9 am. Leader Anna Cornel annamcornel27@gmail.com

Sunday Mar. 24, Frontenac Park, Tetsmine Loop

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

Saturday March 30, Cataraqi Trail from Smiths Falls to Lombardy.

Level 1, 10 km at moderate pace. Hikers may be required. Gas \$2, car shuttle. Depart Conlon Farm at 9 am. Leader: Joyce Davis
jbdavis98@rideau.net (613) 794-3138

Saturday April 6, RTA Central AGM, Presentation & Accessible Hike

10 am at McMartin House 125 Gore St. E. Perth. Light refreshments will be available afterward and then Dorothy Hudson will give a presentation on her recent experiences along the El Camino. An accessible hike will follow the end of Dorothy's presentation. Hikers may wish to bring a brown bag lunch. Leader: David Batchelor (613) 264-1559 dlhbatchelor@gmail.com

Sunday April 14, Rideau Trail Hike 8G to 9B

Level 2, 7.6 km. hike from Miner's Point Road to Lally Homestead car park. Car shuttle. Gas \$4. Park Fee. Depart Conlon Farm at 9 am. Leader: Bob Chittick (613) 329-3006 robertchittick@gmail.com

Sunday April 28, Cataraqi Trail

Level 1, 13 km. Moderate pace. Hike along the Cataraqi Trail from Maple Leaf Road to Sydenham along a former rail line with views of forest and lakes. Depart Conlon Farm at 9:00 am. Car shuttle. Gas \$5. Leader: Bert Stranberg: (613) 283-8735 pbstranberg@gmail.com

Sunday May 5, Murphys Point Provincial Park

Level 2, 10.4 km. Moderate pace. Round Lake Loop. Hike a picturesque trail around Round Lake. Gas \$3. Park fee. Depart Conlon Farm at 9 am. Leader: Bob Chittick (613) 329-3006 robertchittick@gmail.com

Sunday May 12 Charleston Lake Provincial Park

Level 2+, 11 km. Moderate pace. Tallow Bay Loop. Scenic views, up and down through mix of forests and rugged shield country. Gas \$4. Park fee. Depart Conlon Farm at 9 am. Leader: Gill Hyland (613) 267-5756 ghyland2@cogeco.ca

Tuesday May 14, Maintenance

Meet at Conlon Farm at 8:30 am. Contact either Bert Stranberg at pbstranberg@gmail.com or Peder Krogh at pederkrogh5@gmail.com

Wednesday May 15, Murphys Point Hike Program:

Level 1, 5-8 km. Depart Conlon Farm at 9 am. Contact Jack Tannett for more details: (613) 466-0417 jtannett@cogeco.ca

Trail Maintenance

Volunteers meet every Tuesday from May 14 until July 23, and occasionally on other days. Why not join us, If you enjoy working with your hands. Meet at Conlon Farm at 8:30 am.

Saturday May 18, Kayak/Canoe Tay River

Level 2, 14 km round trip, moderate pace. Paddle the Tay River heading downstream for approximately 7 km then return. Bring your lunch, water, safety kit, life-jackets, insect repellent, etc. If you have a canoe and need a partner, or don't have a canoe but would like to go out, please contact the leaders and we may be able to match you up. The trip will be cancelled in the event of inclement weather. Please register in advance with the leader by phone or email. We will meet at Last Duel Park in Perth at 9 am. Leader: Carol Richardson (613) 800-1379 en660ca@yahoo.ca

Sunday May 19, Rideau Waterway Land Trust Rock Dunder

Level 2, 5.2 or 7.2 km depending on if the group chooses to do the Morton Bay Trail. Panoramic views of the Rideau Waterway. Ice cream stop on way home. Gas \$5. Park Fee. Depart Conlon Farm at 9 am. Leader: Anna Cornel annamcornel27@gmail.com

Tuesday May 21, Maintenance

Meet at Conlon Farm at 8:30 am. Contact either Bert Stranberg at pbstranberg@gmail.com or Peder Krogh at pederkrogh5@gmail.com

Saturday May 25, Rideau/Cataraqi Trails Skycroft to Upper Rock Lake

Mix of Level 2 (RT) and Level 1 (Cat Trail). 13 km. This is a hike which

travels partly on the Cataraqi Trail and partly on the Rideau Trail, making a contrasting hike of scenic rail route and rugged shield country trails. Possible stop for refreshments at Opinicon on way home. Be prepared for bugs. Car shuttle. Gas \$4. Leader: Jack Tannett (613) 466-0417 jtannett@cogeco.ca

Tuesday May 28, Maintenance

Meet at Conlon Farm at 8:30 am. Contact either Bert Stranberg at pbstranberg@gmail.com or Peder Krogh at pederkrogh5@gmail.com

Saturday June 1 RTA Annual Meeting. Smiths Falls Legion

7 Main St E, Smiths Falls, ON K7A 1A1 (page 3)

Sunday June 2, Rideau Trail Hike 8C to 8E return

Level 2, 11 km. Easy pace. Ghost town trail loop. Gas \$4. Beginning at Narrows lock hike into woodland, down country roads and visit the remains of an old building. Returning along the trail taking the blue loop back. Depart Conlon Farm at 9 am. Leader: Pat Stranberg. pbstranberg@gmail.com

Tuesday June 4, Maintenance

Meet at Conlon Farm at 8:30 am. Contact either Bert Stranberg at pbstranberg@gmail.com or Peder Krogh at pederkrogh5@gmail.com

Sunday, June 9, Paddle on the Clyde River

***** Note meeting place *****

Level 2, 12 km round trip, moderate pace. We will canoe/kayak upstream on the Clyde River for approximately 6 km. Bring your lunch, water, safety kit, life-jackets, insect repellent, etc. If you have a canoe and need a partner, or don't have a canoe but would like to go out, please contact the leaders and we may be able to match you up. The trip will be cancelled in the event of inclement weather. Please register in advance with the leaders by phone or email. Meet at River Park, Lanark at 9 am. Leaders: Howard and Mary Robinson, (613) 256-0817 hmrob@storm.ca

Welcome New Members

Central Club

Julia De Pass
Valerie de Winter
Susan Greensmith
Mary Ann & Bob Harrison
Ivan Hodgins
Christine & Randy Misztal
Tammy & Andy Morrison
Sharon Valerie Schultz
Julie Umpherson
Rae Wagner-White
Lynne & Steve Wight

Kingston Club

Hélène Brillon
Mary Anne Drinkwater
Mark Earle
Ann Decker & Matthew Evans
Samantha Goncalves
Zelia Hoselton
Debbie & Rick MacIvor
Maureen Obreiter
Ian Paterson
Alex Pysklywec
Charity-Mae Votary
Michael Steeves & Elena Zanetti

Ottawa Club

Maria & Terry Buehl
Evelyn Carleton
Michael Johnston & Fiona Cornel
Jo-Ann Doxey
Carter Brundage & Caitlin Farquharson
Heather Garnett
Diane Giguère
Emily Gildner
Kristin Goff
Hélène Gousseau
Carol Graham
Jocelyne Grandlouis
Linda Graupner
Andrew Gumley
Kathryn Hodgson
Trish Horricks
Gerard Nieuwenhuis & Marianne Kerkhoven
Holly Louise Kritsch
Heather Dawn Kritsch
Douglas Laidlaw
Françoise Lecrouart
Bozena Lulek
Catherine (Cathy) Mallette
Teresa McGovern

Barb & Michael Nauth
Preethi Subramani Manohar & Karthik Palanivelu
Vignesh Ramasamy
Deborah & Mark Roundell
Jackie Tippins
Paul & Sandra Vickery
Leona Wall & Murray Wagner
Ruth Wallace
Gisella Gagliardi & Sian Williams
Cynthia Wright

Non-Affiliated

Mary-Ellen Cole
Margaret Corner
Ruth Moffatt
Barbara Ann Rimmer

Recent Donations

Donations in memory of Carmeta (Cam) Hodges

Janice Ley
Sandra M Lopes
James Lorimer
Dagmar Lorimer
Orla Myrfield
Robin Strong
Margaret P Wild

Missing?

Donations via Canada Helps are received anonymously. To be recognized in the Newsletter, please contact us (page 5) or email membership@rideautrail.org.

Other Donations

Paula Ainley
William Davies
Elinor Gill Ratcliffe, CM,
O.N.L., LLD (hc)
Robert Lantos
Dr. Sukriti Nag
Tom Rance
Toronto Public Library
Dukke van der Werf
Andrew Rous & Emily Verhoek in memory of Mark Beringer
Allan Gordon & Nicoleta Woinarosky
Janet Zilstra

In Memoriam

POLLOCK, Arthur Joseph

"Joe" - 1941 - 2019

Joe passed away peacefully with his family by his side at Kingston Health Sciences Centre (KGH) on Tuesday, January 29th, 2019. Father of Tracey and Chris (Vangie). Proud Grandpa of Kyle and Britney (Cory). Joe is survived by his brothers, John and Bill (Barb) and his sister, Joyce (Doug). He is predeceased by his parents, his brother, Harry and his sister, Peggy. He is survived by many nieces and nephews. Joe was passionate about the outdoors and enjoyed cycling, hiking, gardening, as well as playing many musical instruments.



He had been a member for many years. Due to health reasons, he had not been active in the club for many years but continued to support the RTA by keeping his membership current.

LINDA LINE, KINGSTON

Online Renewal
NO PAYPAL REQUIRED.
 Did you know you can just use a credit card
 to renew your membership online?

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 Association, PO Box 15 Kingston ON K7L 4V6 Membership year: April 1 to March 31. Those joining after Oct. 31 are paid-in-full for both current and following years. * Official receipts will be issued for \$10.00 or more (Charitable Reg. No. 11911 9485RR 0001)	() New Membership () Renewal 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): _____

Comfortable Hiking Holidays

Hike an adventure. Rest in comfort.

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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.

ONLY 5 SPOTS LEFT

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.

**1 SPOT LEFT FOR LADY TO SHARE
ACCOMMODATIONS**

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**

INTERESTED LIST 2020

If there is a trip that interests you for 2020, email us and we will notify you when it becomes available to book. No obligation necessary.

**Dominica * Portugal * Amalfi Coast * Ireland
Provence & Cote d'Azur
Corfu * Camino de Santiago * Japan * Galapagos
Iceland * Slovenija * Ireland**

TICO # 50018498

It's biodegradable, isn't it?

You've no doubt been walking in the park or on a trail and have seen a banana peel or orange rind lying on the ground. ...thought the fruit would biodegrade eventually?

An avid hiker decided to find out more. She put an apple core, a banana peel, orange peels, chewing gum and tissue paper in a cage of chicken wire, wide enough to allow small animals to go in and out. After six months, the orange peels had dried out, the banana peel had turned black, the chewing gum was the same and the tissue had become a blob. Nothing had been eaten or had rotted. She buried the same items in sand and soil and six months later everything was still recognizable.

From the Mother Nature Network

<https://www.mnn.com/lifestyle/responsible-living/stories/it-ok-toss-apple-core-or-banana-peel-outside>

SUBMITTED BY PETER BURBIDGE, KINGSTON
THE RT ENCOURAGES US TO, "TAKE ONLY PICTURES;
LEAVE ONLY FOOTPRINTS"

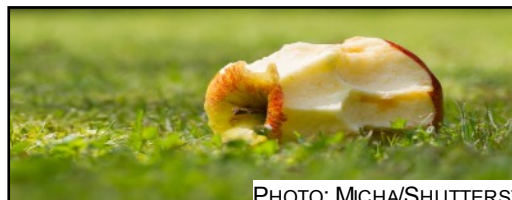


PHOTO: MICHA/SHUTTERSTOCK

Rail Trail Cycling

K&P and Catarauqui Trails

Starting in May, join with others to ride the Kingston-Pembroke Rail line (K&P) from Dalton Avenue to Tichborne in three sections and the Catarauqui Trail from Strathcona to Smiths Falls in five sections. Daily distances will vary between 30 and 40 km, with one at 50 km. Come for one or all of these outings. If interested in participating on these spring rides with an opportunity to see the blossoms and spring birds, please call Audrey Sanger at 613 384 6244 by April 10.

KINGSTON CLUB ACTIVITIES - SPRING

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 9).

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.

Special Notice

Kingston Annual General Meeting
Wednesday, April 10
What's happening in the Kingston Club?

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 Mary-Jean at cyclegirl2018@gmail.com with your name and phone number.

ACTIVITIES CALENDAR

Saturday March 2 First Saturday Hike

Level 1, easy pace, ~8 km. Lets 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

Tuesday, March 12 TRAIL CLOSED

Saturday March 16 Cataraqui Trail

Level 1 moderate pace, 14 km. New hikers welcome on this easy outing. Hike the Cataraqui Trail from Harrowsmith to Sydenham and return. Lunch stop at restaurant or bring your lunch. Depart CT at 9:30 am. Gas \$3. Leader Stan Huff 613 548 3003.

Sunday March 17 St. Paddy's Day Celebration

Level 1, easy pace ~6 km. Join us for a walk from Whig Standard Building to Downtown for a good Irish breakfast at the Toucan on Princess Street. We will walk back to the cars. Along the way we will see the Irish monument honouring the Irish who helped build the Rideau Canal. Meet at Canadian Tire at 10 am. (Gas \$2) or 10:15 if you wish to meet at Whig Standard Building. Leader: Sharen Yaworski sharenann@gmail.com 613 449 2808

Thursday March 21 Full Moon Walk

Level 1, easy pace, ~4 km. Meet at Lake Ontario Park at the Pavilion for a 7 pm. departure. Leader: Audrey Sanger 613 384 6244

Sunday March 24 Half Day Winter Stroll

Level 1, easy pace, up to 5 km. Walk to be followed by optional lunch/coffee

stop. Depending on weather, route will be north on a woodland section of the Trail or east on paved sections of the Trail in Lake Ontario Park. Meet at former Trailhead in the Marshlands Conservation Area parking lot off Trailhead Place just north of King Street West to depart at 10 am Leader: Bob Chadwick 613 767 7049

Sunday March 31 "Ring Around K-Town"

Level 1, moderate-to-fast pace, 24.9 km. Shake off winter with this invigorating urban loop. Meet at the K&P/Sydenham Rd parking lot at 8:30 am., then hike clockwise around the new paved stretch of K&P to the downtown Waterfront Trail and the Rideau Trail. (RT Map #1.) Wear comfortable walking shoes and pack traction if ice a possibility; bring lunch and water. Leaders: Lynn Esau 343

363 0384 esaulynn@gmail.com; and
Miu Lam 613 544 6201
ymiu.lam@gmail.com

Sunday March 31 "Do the Hustle at Raxx"

Come for the second annual Pool event. Free admission for all. Come and play pool and have a brewski/nosh with your hiking friends! Meet at Raxx on Development Drive at 1 pm. For information call Audrey Sanger 613 384 6244

Cyclists: see Members Corner

Saturday April 6 Annual Maple Sugar Camp Hike

Level 1, easy pace, 8 km. Climate changes so hike is a little later this year hoping the sap would be running this time. You'll be tasting and can buy local syrup along with cookies, hot chocolate and coffee. Depart from Can Tire at 10 am. Gas \$2. Leader: Stan Huff 613 548 3003

Sunday April 7 Little Cataraqui Conservation Area

Level 2, moderate pace 12 km. Bring lunch. Depart CT 9 am. Gas and Park Fee \$4. Leader: Jane Moore 613 382 7766

Wednesday April 10

Kingston Club AGM

7 pm. Kingston Seniors Centre, LaSalle Room, refreshments available at 6:30 pm. Come out meet your Executive, hear what your Club has accomplished, plans for the next year and meet our new members.

Saturday April 13 Rideau Trail - Freeman Rd to the Gould Lake Barn

Level 1, moderate pace, 12 km. Bring water and lunch and enjoy the cliff side views along Knowlton Lake. Depart from Can. Tire 9.30 am. Gas \$4 RT Map #04. Leader: Audrey Sanger 613 384 6244

Sunday April 14 E2E1 City Hall to Mclvor Rd.

Level 2, moderate pace, 17.4 km. Hike through the City including the K&P Trail. Meet at Mclvor Rd/K&P parking lot at 8:30 am. Important for Hikers: Arrive at meeting place able to shuttle 2/3 additional people for Shuttle to

downtown. Please contact leader to confirm participation. RT Map #01. Leader: Peter Burbidge 613 634 1877 or peterbur@kingston.net

Saturday April 20 E2E2 Mclvor Rd to Merton Rd.

Level 2, moderate pace, 14.2 km. Meet at Merton Rd parking lot at 8:30 am. Important for Hikers: Arrive at meeting place able to shuttle 2/3 additional people for Shuttle to Mclvor Rd. RT Map #02. Leader: Don Coulter 613 542 9998
coulter.dm@sympatico.ca

Could you lead any of these?
Training/ support are provided.
Page 9

Sunday April 21 Landons Bay -- Donovan Trail

Level 2, moderate pace, 5-7 km. Bring a snack and water. Depart CT 9 am. Gas \$3 Need someone to meet the group in Kingston. Please call or e-mail for details. Leader: Jane Moore 613 382 7766 or
moorejaneg@gmail.com

Saturday April 27 E2E3 Merton Rd. to Freeman Road

Level 2, moderate pace, 15.4 km. Hike through fields and the K&P Trail. Meet at Freeman Rd. at 8:30 am. Important for Hikers: Arrive at meeting place able to shuttle 2/3 additional people for Shuttle to Merton Rd. RT Map #03. Leader: Peter Burbidge 613 634 1877 or peterbur@kingston.net

Sunday April 28 Frontenac Park Corridor Trail

Level 1, easy pace, 8 km. Bring water, and lunch. May extend hike distance if participants willing. Depart Can. Tire 9 am. Gas \$4 + shared park fee. Leader: Audrey Sanger 613 384 6244

Thursday May 2 Small Slide Lake Loop

Level 3, fast pace, 14 km. Setting out from 6767 Perth Road, we'll hike this rugged trail counter-clockwise through budding hardwood forests and a vast network of granite outcrops. Enjoy

lunch and a spectacular view near Frontenac Park's iconic "Whalesback." Depart CT at 8:30 am. Gas \$4. Leaders: Lynn Esau esaulynn@gmail.com 343-363-0384; Nancy Hunter nancynelles@gmail.com 613 372 2157

Saturday May 4 City Walk on the K&P

Level 1, easy pace, ~5 km. Join Elgin for a morning walk along the K&P from Doug Fluhrer Park to Division St. and return. Enjoy the ducks and turtles on the river and the stories. Meet at Doug Fluhrer Park at the end of Wellington St. (free parking) for 9:30 am. departure. Leader: Elgin Bock 613 389 4216

Sunday May 5 E2E4 Freeman Rd. to Salmon Lake Rd.

Level 2, moderate pace, 15.2 km. Meet at Salmon Lake Rd./Bedford Rd. at 8:30 am. and shuttle to Freeman Rd. Important for Hikers: Arrive at meeting place able to shuttle 2/3 additional people. RT Map #04. Leader: Rusty Bassarab, rbassarab@gmail.com, 613 634 6015

Tuesday May 7 Gould Lake Conservation Area

Level 3, moderate to fast pace, 13 km. Hike north on the Mine Loop trail to Point Spur, then bushwhack along some dry ridges skirting a large, lively marsh to connect with the Rideau Trail and the Ridgewalk. Depart CT at 8:30 am. Gas \$3 plus shared park fee. RT Map #04. Leaders Lynn Esau esaulynn@gmail.com 343 363 0384; Miu Lam ymiu.lam@gmail.com 613 544 6201

Saturday May 11 E2E5 Salmon Lake Road to Maple Leaf Road

Level 2, moderate pace, 17.4 km. Hike through Frontenac Park with great highs and lows. Meet at Maple Leaf Road/Opinicon Rd. at 8:30 am. and shuttle to Salmon Lake Road. Important for Hikers: Arrive at meeting place able to shuttle 2/3 additional people. Hiking boots recommended. Bring lunch and 2+ litres of water. RT Map #04. Leader: Nancy Hunter 613 372 2157 nancynelles@gmail.com and Miu Lam 613 544 6201 ymiu.lam@gmail.com

**Saturday May 18 North Side
Discovery Walk**

Level 1, easy pace, 6-8 km. Explore this eclectic area of old and new. 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

**Saturday May 25 E2E6 Maple Leaf
Road to Skycroft**

Level 2 moderate pace, 17 km. Beautiful section of the trail with many ups and downs. Meet at Skycroft Access Trail at 8:30 am. and shuttle to Maple Leaf Road. Important for Hikers: Arrive at meeting place able to shuttle 2/3 additional people. RT Map #05. Leader: Miu Lam 613 544 6201 ymiu.lam@gmail.com and Nancy Hunter 613 372 2157 nancynelles@gmail.com

**Saturday June 1
Rideau Trail Annual Meeting (AGM)
Smith Falls Legion**

**Sunday June 2 E2E7 Skycroft
Access to Bedford Mills**

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

**Saturday June 8 E2E8 Bedford
Mills to Lions Club Westport**

Level 2, moderate pace, 17 km. Meet at Lions Club Beach Westport at 9 am and shuttle to Bedford Mills (church). Important for Hikers: Arrive at meeting place able to shuttle 2/3 additional people. RT Map 06/07. Leader: Peter Burbidge 613 634 1877 or peterbur@kingston.net

**Sunday June 16 E2E9 Westport
Lions Club to Narrows Lock**

Level 2, moderate pace, 13.6 km. Hike the heights of Sand and Rideau

Lakes. Meet at Narrows Lock Parking Lot at 9 am. and shuttle to the Lions Club Beach Westport. Important for Hikers: Arrive at meeting place able to shuttle 2/3 additional people. RT Map 07/08. Leaders: Howard & Mary Robinson 613 256 0817 or hmrob@storm.ca

Members Corner

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

Algonquin Cottage - property in the Park to be offered for sale. Contact Heather hmcmaiden@gmail.com

Cycling Series - Join Audrey on the K&P/Cat. (page 14)

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).

Fall Frontenac Weekend

October 18 to 21, 2019

Interested in working on your Frontenac Challenge, and meet other RTA members? Enjoy the fall weather and beauty in an overnight setting. This may be the excursion for you! It's a hiking weekend in Frontenac Park with accommodations at the Cove Inn (www.coveinn.com) in Westport. This trip is for members of the Rideau Trail Association.

We have 15 rooms set aside at the Cove, with various configurations: single, double, Jacuzzi, etc.

Rates: \$120 to 170 per night, per person, including dinner and breakfast. Minimum two night stay.

Day hikers are welcome to join us for hikes and/or meals.

Please read the following carefully- If you would like to book this trip, please send an email to Denise Hall (rebeccahall@rogers.com), including the following information: Names of participants. How many nights of the weekend you are planning to stay.

Singles planning to share a room, please send just one email for both of you, but please include both email addresses. If single, please indicate if you are willing to share a room and if you cannot find a roommate I might be able to help you with this. After your reservation is



confirmed, you will be given instructions to call the Cove and book your room. A credit card must be provided for the reservation, but no deposit will be taken.

Last year we had a full house. Book early to avoid disappointments.

Information, contact Denise Hall (613-843-8222).

OTTAWA CLUB ACTIVITIES - SPRING

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 9).

NOT SURE?

The Hike Leader will thank you for your questions.
General information about the Ottawa Club: 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.

CARPPOOLING AND FEES

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

entry to parks and conservation areas are shared among the driver and passengers. 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 at <http://www.rideautrail.org>. After the event, please send them to the Club's Activity Coordinator.

Note: for Wednesday Walkers, send waivers to **Tony Barnes**, fellwalkerca@gmail.com, 613-828-1216

E-LETTER

Check the monthly E-Letter for updates and additional events, including short-notice hikes. The Club also offers an 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.

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

Moonlighters - Every Tuesday evening (May to August) there will be a short hike in Gatineau Park. Hikes last until sunset. Various Level 1-2 routes will be followed, approximately 6-8 km, at a moderate pace. There may be some hilly, rough or wet terrain. Please bring your own water, snack, bug repellent, flashlight and proper

footwear. There is usually a short break during the hike, as decided by the hike leader. Meet at Tunney's Pasture at 5:45 pm for a prompt 6 pm departure. Coordinator: **Hazel Miller** 613-232-6558.

Thursday Morning Hikes These hikes finish in June. 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. Meet at the NCC parking lot south and east of the Champlain Bridge for a 9:30 am departure. For ideas or to volunteer to lead a morning hike, contact **Elizabeth Mason** at 613-729-6596.

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

ACTIVITIES CALENDAR - OTTAWA

Saturday, March 2 Gatineau Park, Snowshoe Survey and Beamish

Level 2, about 8 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 woodstove. The return will take in a spectacular waterfall and excellent views from the precipitous Beamish Hills, where frosty frolicking will be discouraged. Meet at Tunney's Pasture 9:15 am to depart at 9:30. Gas \$2. Leader: Ann Bolster, ann_bolster@hotmail.com

Saturday, March 9 Snowshoe, Gatineau Park

Level 2 about 8 km, approximate time 3 hours. Meet at Tunney's Pasture at 9:15 for a 9:30 am departure. Gas \$3
Leader: Erica Phillips
erica.kent.phillips@gmail.com

Saturday, March 9 Exploratory Snowshoe, Buckingham Area

Level 3, about 10 km 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

Tuesday, March 12 Trail Closed

Tuesday, March 12 Old Ottawa South Loop

Level 1. Brewer Park, Carleton Campus, Canal. Meet at the west side of Brewer Park, last parking area, parallel to Bronson Avenue at 5:45 for a 6:00 departure. The walk will be 6-7 km with an opportunity to stop for coffee along the way if decided by the group. Leader: Hazel Miller 613-232-6558

Saturday, March 16 Gatineau Park, Snowshoe Old Champlain Trail

Level 2 or 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 the McGuire farm area on the longer route; steep sections. If it's very cold or we have icy conditions, the shorter route will be chosen as safer. Meet at Tunney's Pasture 9:15 am to depart at 9:30. Gas \$2. Leader: Ann Bolster ann_bolster@hotmail.com

Tuesday, March 19 Tunney's Pasture through Wellington Village

Level 1. Meet at Tunney's Pasture by 5:45 for a 6:00 departure. Approximately 6 km through the back streets around the developing area of Wellington Village. Leader: Joanne Tuttle joannetuttle@rogers.com.

Saturday, March 23 Gatineau Park, Snowshoe to Renaud Cabin

Level 2, about 8 km. From P19 (Lac Philippe) we take trails 74 and 73 to Renaud cabin for lunch, then return on trail 73 along the lakeshore back to the cars. Bring snowshoes or microspikes, according to the conditions. Trail fee. Meet at Tunney's Pasture at 9:15 a.m. for 9:30 departure. Gas: \$5.00. Leader: Grace Hyam dr003@ncf.ca or 613-829-7252

Tuesday, March 26 Ottawa River Tour

Level 1. Scenic walk along the Ottawa River from Tunney's Pasture to see the Holocaust Memorial and then view Chaudière Falls, returning to Tunney's. Meet by 5:45 for a 6:00 departure. About 7 km. Leader: Ethel Archard 613-592-7733 or ethel.archard@sympatico.ca

Tuesday, April 2 Rideau River

Level 1. Both sides of Rideau River and beyond. Please meet at Strathcona Park parking lot (end of Somerset Street East) by 5:45 for a 6:00 departure. Bring water and a

snack. About 6 km. Leader: Stephen Chappell 613-612-0865

Saturday, April 6 Gatineau Park, Pink Spring

Level 2, 11 to 14 km depending on ground conditions. We'll explore new snowshoe/snowbike trails that head up from Mountain Road. Interesting man-made finds along the way and maybe early green signs of spring. Outdoor lunch overlooking beautiful Pink Lake. Check the weekly e-notice for updates about footwear. Meet at Tunney's Pasture at 9:15 am for a 9:30 departure. Gas \$3. Leader: Ann Bolster 613-828-5131 or ann_bolster@hotmail.com

Tuesday, April 9 Lincoln Fields to Queensway Terrace

Level 1. Meet at pizza place at Lincoln Fields along Richmond Road by 5:45 for a 6:00 departure. The walk will take us along the transitway and through the Queensway Terrace communities. Approx. 7 km. Leader: Joanne Tuttle joannetuttle@rogers.com

Friday, April 12 Ottawa AGM

St Thomas the Apostle Anglican Church, 2345 Alta Vista Dr. 6:30 pm.
Guest speaker: Malcolm Hunter, former Olympic skier and author of, THE TRAIL BECKONS: 100 YEARS OF CROSS-COUNTRY SKIING IN THE GATINEAU.

Sunday, April 14

Adopt-a-Road 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, west 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 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 9:00 am departure. Gas share \$5.

Tuesday, April 16 The Trees of Rideau Hall and More

Level 1. This walk will explore the grounds of Rideau Hall, home of the Governor General, with a special emphasis on the trees planted by dignitaries from around the world, and then venturing out to Rockcliffe if time permits. Meet at Mackay Street entrance of the Rideau Hall at Mackay and Union by 5:45 for a 6:00 departure. There is plenty of on-street parking on Mackay and side streets. For public transit, take bus 9 and get off at Crichton and Union St. and then walk over to Mackay and Union. Leader: Stephen Chappell 613-612-0865

Tuesday, April 23 Greenboro Pathway

Level 1. Walk approx. 7 km on west side of the Greenboro Pathway. Meet at Greenboro Community Centre, 363 Lorry Greenberg Drive (one block north of Hunt Club Road) by 5:45 for a 6:00 departure. Ample free parking or take bus 98 Hawthorne, which stops in front of the Community Centre. Leader: Maureen Dawson 613-226-3864 or maureen.dawson@rogers.com

Saturday, April 27 Both Sides of the Ottawa River

Long Level 1, about 11-12 km. Historic walk along the scenic Ottawa River shoreline, across the Champlain Bridge and along the Sentier des Voyageurs, past the old Eddy paper mill and Chaudie`re Falls, with a refreshment stop at the National War Museum. Bring a lunch. Depart from Tunney's Pasture at 10 am. Leader: Ethel Archard 613-592-7733 or ethel.archard@sympatico.ca

Saturday, April 27 Gatineau Park, Tree ID in Springtime

Level 2, approximately 8 km. Learn to ID the classic Northern Ontario tree species and some geology of the Eardley Escarpment on this joint RTA/ORC hike in the Saw Lake, 9-hole, Teacup Hill and/or Tomato Hill areas starting from the Steele/Wilson intersection off Hwy 148. Combination of faint trails with some rugged and hilly

parts, bushwhacking and beaver dam crossings. Good boots essential. Outdoor lunch. Meet at Tunney's Pasture at 9:15 for departure at 9:30 am. Gas \$5. Naturalist: Walter Wilmot. Questions? walter.wilmot@gmail.com Chief navigators: Pauline Daling and Dick Stewart.

Tuesday, April 30 Siskin Court to Bruce Pit

Level 1. View devastation resulting from September tornado in Arlington Woods area. Meet at Tim Horton's in Greenbank Shopping Centre, 250 Greenbank Road, by 5:45 for a 6:00 departure to carpool to west end of Siskin Court (ample parking). Leader: Trudy Stephen 613-828-9313 or trudystephen@rogers.com

Saturday, May 4 Gatineau Park, Hollow Glen Waterfalls

Level 2, approximately 8-9 km. Come hike in the Hollow Glen area to see several sets of waterfalls in their prime. Plan for an outdoor lunch. If we are having a late spring be prepared for icy patches. Meet at Tunney's Pasture by 9:15 for a 9:30 am departure. Gas \$3. Leader: Denise Hall 613-843-8222 or rebeccahall@rogers.com

Saturday, May 11 Lime Kiln Blue Loop

Level 1. About 6 km. A beautiful wildflower walk through the western Greenbelt covering open trails and wooded areas, visiting the historic Lime Kiln ruins. Possibility of coffee/tea at Days Inn afterwards. Meet at 09:30 at the Baseline Park and Ride, southern parking lot, on Woodroffe. Gas \$2. Leader: Jean Sunter 613 828-6077

Sunday, May 12 Two-Stage Urban Walk in Ottawa

Level 1. Meet at Fallowfield Park & Ride for a 9:30 am departure. First we will drive to Heart's Desire to walk in the woods to see an abundance of trilliums. We will then drive to the Chapman Mills Conservation Area for a walk along the Rideau River to the Vimy Memorial Bridge, and cross the bridge to Claudette Cain Park on

River Road. After lunch we will retrace our steps. Gas \$2. Leader: Denise Hall 613-843-8222 or rebeccahall@rogers.com

Saturday, May 18 Moonlight Paddle, Clayton Lake

Note start point & time. Contact leader if interested as timing will shift if heavy overcast
Level 2 (cold water: PFD use required) 6 to 8 km, flat water. Finishing after dark to enjoy the sunset, moonrise and some moonlight paddling. We will try to stay away from shore and bugs, but come prepared. Bring a headlamp. Depart 5:30 pm from Carleton Place Canadian Tire lot next to the corner of Hwy. 7 and McNeely Avenue. Expect to be off the water about 9:30 pm. Leader: Kevin Reynolds, kevinjunk9@gmail.com or 613-258-1337

Victoria Day, May 20 Shirley's Bay

Level 1, 10 km. Parts of this trail are paved and the rest is through fields. Pack a snack for our break sitting on benches along the Ottawa River. Meet at Moodie Drive and Corkstown Road to depart at 1 pm. Leader: Maureen Dawson 613-226-3864 or Maureen.Dawson@rogers.com

Saturday, May 25 Meech Creek Valley

Level 3, 14 km, approximately 5 1/2 hours. Starting at old P15 we will hike towards Carman Lake, cross Meech Creek, and then skirt in and out of the forest along the west side of the Meech Creek Valley. We will continue to the Hope trail, returning along Cowden and Cross Loop roads. There are historic plaques along the return route. Outdoor lunch. Meet at Tunney's Pasture at 9:15 for a 9:30 am departure. Gas \$4. Leader: Dave Audette 613-601-2833 or daveaudette3@gmail.com

Saturday, June 1 Rideau Trail Meeting, Smiths Falls

Sunday, June 2 Spring Bird Sighting

Level 2 Bird-sighting hike with Roger Bird. Meet at Tunney's Pasture by 9:15 for a 9:30 am departure. Gas \$3

Saturday, June 22 Gatineau Park, Spring into Summer!

Urban Walks in Ottawa

Tuesday evenings urban walks/hikes are offered March 12 to April 30. There may be a refreshment stop for those interested. Meet at the start point at 5:45 pm for departure at 6. Co-ordinator: Trudy Stephen 613-828-9313

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Brewer Park, Carleton Campus, Canal.

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Approximately 6 km through the back streets around the developing area of Wellington Village.

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Scenic walk along the Ottawa River from Tunney's Pasture to see the Holocaust Memorial and then view Chaudière Falls.

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Both sides of Rideau River and beyond.

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Explore the west side of the Greenboro Pathway.

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View devastation resulting from September tornado in Arlington Woods area.

For details, see the Activity Calendar or contact the leader.



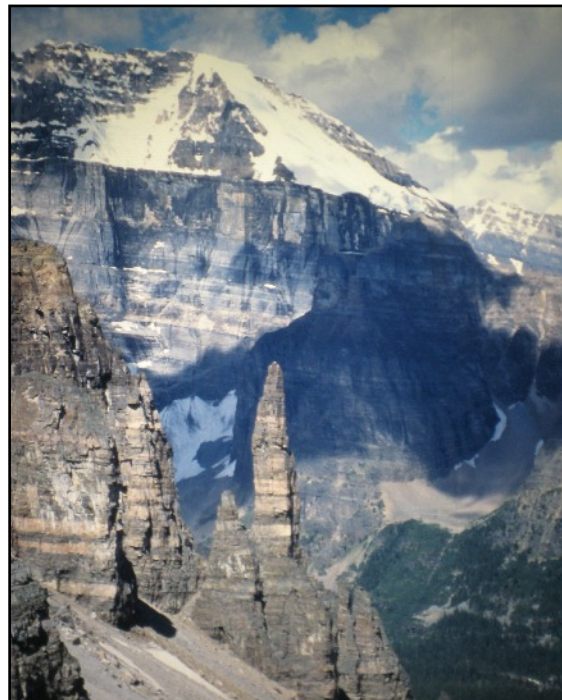
The Central Club Annual Meeting (April 6) will feature a presentation by Dorothy Hudson. El Camino de Santiago is her subject. (Details on page 11).

PHOTO BY RÉJANNE

Grand Sentinel and Paradise Valley, viewed from Sentinel Pass (Banff NP). This is one of the places mentioned by Caitlin Farquharson, the RTA's new Marketing Director (page 3).

Why not submit an article about an interesting place you have visited?

PHOTO: STEVE KELLY



Association News

GIS: Mapping the Rideau Trail

More than the lines on a map

BY DAVID BATCHELOR

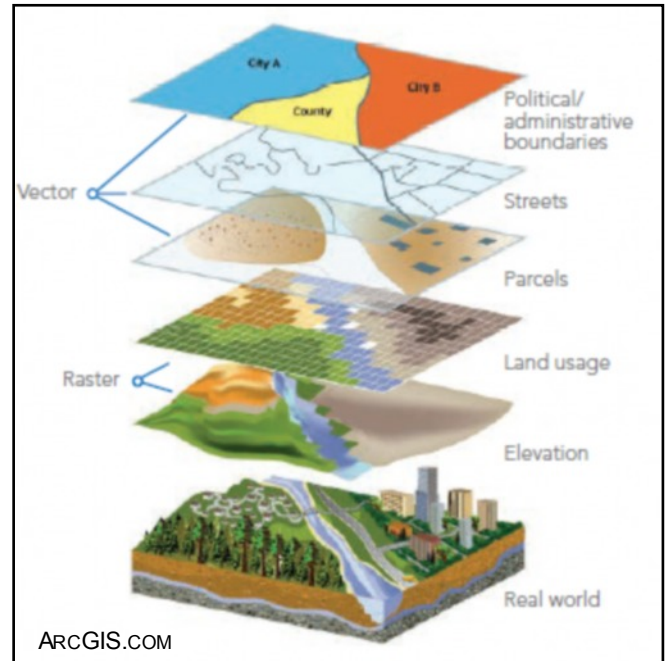
As part of the RTA's Strategic Planning process, one of the key priorities was to 'Secure Our Trail'. While this can have many meanings and implications, our initial task was to learn more about the current Trail - its detailed track, trouble spots (such as flooding) and sections that would be very significant if we lost access to them.

Currently, we have copies of maps with the Trail marked on them and lists of landowner and other related contacts. It was felt that it was important to implement a 'trail management system' which would co-ordinate all this information and maintain it. The tool to do this is called a Geographic Information System (GIS) which links text type information (names and addresses, etc.) with visual data (contour lines, lot lines, roads, etc.)

The RTA board has approved this project and we are in the process of implementing the first phase. We have licensed a GIS software system called ArcGIS and are working with the Ontario Land Information Office to obtain all the basic mapping and data that we need. We will be implementing this software 'in the cloud' so that we will be able to support multiple users as needed.

A Geographic Information System maintains data in layers so that each type of information can be included or excluded depending on the purpose of the map.

The diagram shows data that has been set up as either "vector" or "raster" data. The vector format is basically a set of points and lines so that lot lines, roads, etc. can be drawn as a series of small straight lines. The raster data



represents a contiguous set of data such as elevation so that, for example, land within a certain range of elevations can be represented in different colours.

We will then be able to provide detailed maps for landowner liaison and Trail maintenance volunteers, as well as providing a more detailed map for hikers. These maps with the associated data will be used as the base for all Trail-related data. These detailed maps will provide us with much more information and we will be able to review and prioritize new routes and improvements to existing routes.

As we move forward with the project, we will be able to provide apps and other downloads for use by Trail volunteers and hikers.



June 1, Smiths Falls

Featured in the afternoon of this year's Annual Meeting will be Dorothy Hudson's history walk (page 3). (The snow from her December walk will not be present.)



CENTRAL CLUB'S DAVID BATCHELOR IS TRAIL COORDINATOR FOR THE RIDEAU TRAIL ASSOCIATION



Sign of the Trail

BY THE PASSIONATE HIKER

Rideau Trail members may have wondered happened to the large Rideau Trail sign opposite the Town Hall in Perth.

The sign was proudly unveiled back in 1976, by the Mayor of Perth, Carl Greer, and Gary Davies of the RTA.

It has remained a beacon for hikers for the past forty two years: a clear statement of the Town's enduring commitment to hiking trails.

<https://thepassionatehiker.blogspot.com/2018/11/a-good-sign.html>

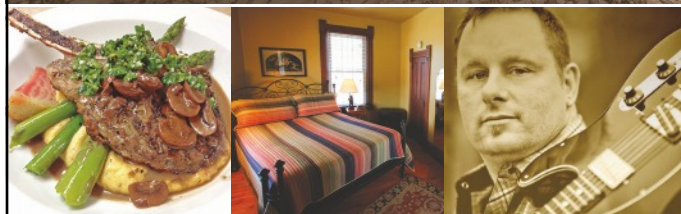
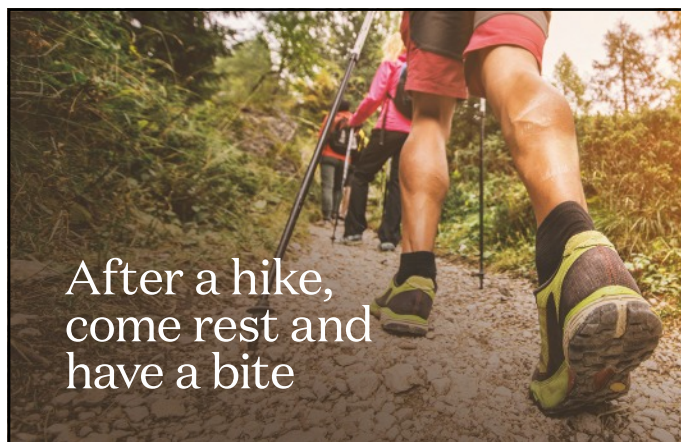
This year, the town embarked upon some very nice landscaping on that street corner. As a result, the sign was relocated a few yards to the east, but still directly on the line of the trail itself – now just in front of the Crystal Palace. And additional trail markers were added at the new road crossing in front of Town Hall.

Yes, the sign is beginning to show its age, and we will renew it, either as part of the RTA's 50th anniversary in 2021, or earlier.

Next summer the Town will be adding a bench and some landscaping in front of the sign so that it remains an attractive part of Perth's heritage.



PERTH'S RIDEAU TRAIL SIGN IN NEW LOCATION



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My Favourite Place



Little Bay, Foley Mountain Conservation Area

Being with a group of happy hikers is a favourite place. On the right: same location, different season - this idyllic bay beside Upper Rideau Lake is a perfect place to stop at any time of year. In the summer, there's a tempting swimming beach, and in winter, with the lake frozen over, there is often wildlife to be seen. Last winter we saw a fox racing across the ice. This is one of the prettiest corners of the Rideau Trail, and a favourite of all hikers passing by.

Online Renewal
Did you know you can just use a credit card?

Membership Renewal

Do you receive your RTA Newsletter by Mail?
Are you due for renewal this year (see above)?

To ensure uninterrupted delivery of your valued copy of the Summer Newsletter, be sure you have renewed by April 30, 2019.

If you have not renewed your Membership by that date, you will not receive a copy of the RTA Summer Newsletter.

MEMBERSHIP DIRECTOR



Inside Spring EDITED BY (STEVE KELLY, OTTAWA)

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