



Rideau Trail

NEWSLETTER

Summer 2019

Issue No. 192



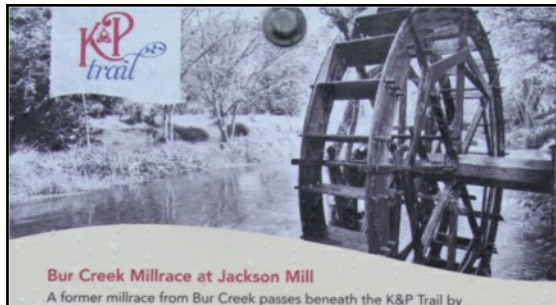
Blue Loops
Interesting sites, just off
the main Trail

Lost Trail

Silvers Hill Blue Loop

BY DON COULTER

The Rideau Trail Blue Loop over Silvers Hill has been "closed and abandoned." (RT Map 02 between 02A and 02B, McIvor Rd to Bur Brook Rd.) It suffered from a dangerous bridge, spring flooding and the growth of wild parsnip which rendered it unusable. This loop was part of the original Rideau Trail before the City of Kingston permitted the use of the K&P Trail.



Bur Creek Millrace at Jackson Mill

A former millrace from Bur Creek passes beneath the K&P Trail by

"A former millrace from Bur Creek passes beneath the K&P Trail by Jackson Mills Road. This manmade watercourse was carved through the bedrock and is up to 3m deep and 2m wide. It routed water that powered the local mill. It has been part of the cultural landscape since 1845. The millrace was so critical to the operation of the mill that when the K&P Railway was built, the construction was coordinated to ensure that the millrace functioned without interruption. The millrace crosses under the former rail line (now trail) before passing the Jackson's mill (now a private home) and joining the Collins Creek valley."

Cover

Slide Lake (left) and the places such as Rock Dunder, Gould Lake, Marble Rock, Lime Kiln etc., illustrate the diversity and appeal of the Rideau Trail's Blue Loops, past and present. For more, view the Trail maps.

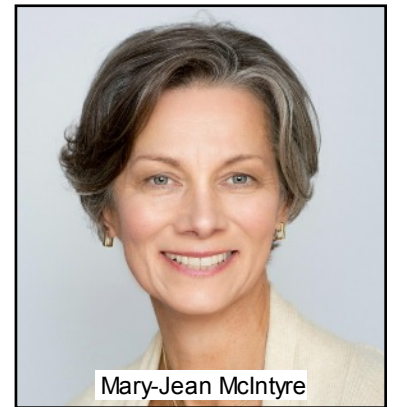
<http://www.rideautrail.org/discover-the-trail/maps/>



Adriana Kievit

Newsletter Editor

Membership Director



Mary-Jean McIntyre



OK CYCLE & ADVENTURE TOURS SINCE 1995

Local 613-702-5350 Toll Free 1-888-621-6818
katherine@okcycletours.com

666 Kirkwood Avenue, Suite B102, Ottawa, ON K1Z 5X9
www.okcycletours.com  TICO Reg # 50022848

SCOTLAND



- 8 days/7 nights or 10 days/9 nights
- Individual Self-Guided

Scotland's oldest long distance hiking trail leads you into the raw world of the highlands. The West Highland Way is one of the most popular hiking routes in Europe today and attracts travellers from all over the world.

Departures daily from March 30 to October 20, 2019
€719.00 - €919.00 Double Occupancy
Canadian dollar rates available for this tour on request

GALAPAGOS



- 7 days/6 nights • Guided
- Hike the wonders of the Galapagos and get in touch with amazing wildlife with the Galapagos Walking Tour! Head off the beaten path through landscapes of lava rock, picturesque coastlines, endemic forests, and volcanic highlands.

Departures Saturdays from January 5 to December 28, 2019
\$5450.00 USD Double Occupancy
Canadian dollar rates available for this tour on request

CANARY ISLANDS



- 8 days/7 nights
- Individual Self-Guided

Starting from the roaring Atlantic Ocean in the North West, this multifarious week of hiking takes you across the unique mountain scenery of black volcanic rock into the sunny south west.

Departures weekends from January 5 to December 15, 2019
€599.00 - €679.00 Double Occupancy
Canadian dollar rates available for this tour on request

MONT BLANC



- 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

New Faces at the Table

The Rideau Trail's Board of Directors is undergoing some change. Thank you to Liz Choros, Lorraine Farkas, Paul Galipeau, Bill Ottney and Jack Tannett, who are taking a well-deserved rest. All remain active as volunteers, behind the scenes. Coming forward since last year, to fill the void, are Joyce Davis, Caitlin Farquharson and Ruth Oswald. Here are two others who are new to the Board.

Adriana Kievit is joining the Board as Newsletter Editor. She has enjoyed walking ever since her mother walked her along the cobbled streets of The Hague, where she learned not to trip over uneven surfaces. Besides the The Rideau Trail, hiking has taken Adriana to Portugal, England, the Ganaraska and Quebec City. With snow on the Trail, snowshoeing has become a favourite winter pastime.

Mary-Jean McIntyre first joined twenty years ago. In 2014, while recovering from a motor vehicle accident, the Wednesday Walkers in Kingston gave MJ tremendous support and encouragement. An avid cyclist, she also finds time for longer RTA hikes, especially during the Frontenac Challenge. Destination hikes have included the Adirondacks and South Island, NZ. Gros Morne is nearing the top of her bucket list.

Mary-Jean is a retired professional engineer who now has more time to play with her four grandchildren!

Silvers Hill, continued from page 2



This sink hole is an example of the ones found along the RT in limestone regions. In dry years, Collins Creek drops into this hole, then reappears downstream.

The K&P railroad went to considerable trouble in 1876 to relocate the mill race when the railway was constructed.



Highlights of RTA Board Meeting

McMartin House, Perth, April 13, 2019

BY DOROTHY HUDSON

Trail Updates

- New signage will be designed and used as needed to replace deteriorating signs. The new design will be bilingual and will use pictorial symbols whenever possible.
- The new route in the Central section between 9D and 10A will be opening soon.
- The Status of Blue loops on NCC property (Map 18) was discussed.

Important Motions

- Mary-Jean McIntyre was approved as our new Membership Director, with confirmation by the membership at the AGM on June 1.
- The RTA has adopted a new mileage reimbursement policy. More information is available from the Club Chairs.
- Signing of a non-disclosure agreement will be required for all Board members, Club executives and other volunteers who have access to confidential information e.g. financial, membership, or trail management data.
- The Board approved a training session for new Board members, to be offered by Volunteer Ottawa. Returning Board members may also attend.

Club Activities

- Ottawa and Kingston clubs are participating in local community clean-up activities.
- The Ottawa club is partnering with other area hiking groups in discussions with the NCC about Gatineau Park trail closures.
- The Central club is partnering with Murphys Point Provincial Park for a new series of hikes this summer.
- David Batchelor has presented to all three clubs on the GIS trail management system project.

Board Issues

- Caitlin Farquharson, our new Marketing and Communications Director, reports a high rate of member engagement with the electronic newsletter and the monthly e-letter.
- Caitlin would like information from the clubs about the marketing and communications efforts going on at the club level.
- Strategic Plan goals to be addressed in 2019-2020 include:
 - improve operations using new technologies, including centralized record keeping
 - review organizational structure and clarify roles of the Board and the Clubs
 - improve financial clarity
 - continue with operational plans
 - continue succession planning efforts
 - improve Board-Club communication
- Highlights of Board meetings will be sent to Club Chairs shortly after each meeting, so that club executives can be made aware of the results of the meeting in a timely manner.

(Continued)

(BOARD HIGHLIGHTS, CONT'D)

Treasurer

- Year end balancing has been successfully completed, and the budget for the upcoming year was approved for presentation at the AGM.
- The Treasurer has asked the RTA for clarity regarding the purpose of the Preservation Fund, since it is not to be used for routine trail maintenance.

Next meeting: June 15



Ottawa's Roger Bird on a Tree Walk
Do you know a person with similar, specialized interest in nature? Our Club Activities could use your help.

50



**RIDEAU TRAIL
ASSOCIATION**

50

2021 is approaching
fast!

Join the celebration!
Join the fun!

Join the President's

50th Anniversary Committee

by contacting:

Brian Grant president@rideautrail.org

Joyce Davis central@rideautrail.org

Sharen Yaworski kingston@rideautrail.org

Sandy Freeman ottawa@rideautrail.org

50

Share your ideas,
your enthusiasm and
your time

50



Blag Bear
ECO ADVENTURE ROUTES



**Local knowledge for your
hiking adventure in Algoma.**

705-649-2235

www.blagbear.ca

Registered by TICO ON # 50023383



Have you got your
trail badges (page 8)?

Do you collect the
Hike Ontario badges?

<https://hikeontario.com/programs/long-distance-hiker-awards/>





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

Telephone:

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

Electronic Mail: info@rideautrail.org

Webmaster: web@rideautrail.org

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

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

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.

© 2019 Rideau Trail Association
ISSN 0709-7085



Fall Newsletter: **Deadline August 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: * ACCEPTING APPLICATIONS *

Secretary: Ruth Oswald
(613) 590-7467 secretary@rideautrail.org
Treasurer: Phil Dawes, Ottawa
(613) 728-5520 treasurer@rideautrail.org
Membership Director: Mary-Jean McIntyre, Kingston
613 583-1667 membership@rideautrail.org
Trail Coordinator: David Batchelor, Perth
(613) 264-1559 trailcoordinator@rideautrail.org
Marketing/Communications: Caitlin Farquharson,
Ottawa marketing@rideautrail.org

Club Chairs:

Central: Joyce Davis, Portland
(613) 272-2848 jbdavis098@gmail.com
Kingston: Sharen Yaworski, Kingston
(613) 544-6022 sharenann@gmail.com
Ottawa: Sandy Freeman, Ottawa
(613) 225-2940 ottawa@rideautrail.org

Club Representatives:

Central: OPEN

Kingston: Rick Shaver, Kingston
(902) 331-0765 rick.shaver@hotmail.com
Ottawa: Carol Seal, Ottawa
(613) 291-7547 carol.seal.613@gmail.com

Newsletter Editors:

Adriana Kievit, Ottawa
(613) 720-5787 akievit1@sympatico.ca
Steve Kelly, Ottawa
(613) 422-1318 stkelly@rogers.com

**Central Club
Executive**

Chair: Joyce Davis
Vice-Chair: OPEN
Past Chair: Jack Tannett
Hike Activities Coordinator:
Maida Murray
Trail Maintenance: Bert Stranberg
Routes and Negotiations:
Elisabeth Kuiper
Publicity: Gaëlle Giraudeau
Social Coordinators:
Barb McIntyre and
Elisabeth Kuiper
Treasurer: Gayle Truman
Secretary: Mary Robinson
Members at large: Dorothy
Hudson and Jim Middleton

**Kingston Club
Executive**

Chair: Sharen Yaworski
Vice Chair (Board Rep.):
Rick Shaver
Secretary: Marilyn Martin
Treasurer: Lynn Esau
Outings: Peter Burbidge
Publicity: Bill Ottney
Landowner Liaison: John Rowe
Construction: Jim Lorimer
Maintenance: Stan Huff
Special Events: Joel Lamorre
Human Resources:
Pascale Champagne
Member at Large:
Jennifer Brinkman
Member at Large:
Barry Monaghan

**Ottawa Club
Executive**

Chair: Sandy Freeman
Past Chair: Denise Hall
Vice Chair and Rep. to RTA
Board: Carol Seal
Secretary: Dawn Carrick
Treasurer: Robert Smith
Trail Maintenance: Michael
Beaupre
Landowner Liaison: Lianna
Cousins
Activities: Denise Hall and Kevin
Reynolds
Publicity: Bill Davies
Member at Large: Brian Grant
Member at Large: Kevin
Chapman
Newsletter Editor: Steve Kelly
Newsletter Editor: Adriana Kievit

OPENING CEREMONY

On Sunday, November 7 at approximately 11:00 a.m. the Rideau Trail officially came into being

The ceremony took place at Foley Mountain Conservation Area through which the Trail passes.

Colonel Duncan Douglas of Merrickville, Chairman of the Smiths Falls group, began the proceeding by welcoming members to the area. The Honourable James Auld, Minister of Public Works for Ontario spoke about the concern of his department for the preservation of natural areas for recreation and conservation. The Hon. John Davis, Minister for the Environment in the Federal Government offered his congratulations to the Association. Following his speech Mr. Davis nailed an orange triangle to an oak tree in the clearing to mark the official opening.

Dr. Fred Cooke, president of the Association, expressed his appreciation for all the work put in by members in completing the Trail. Then he and Mr. Davis led a sizeable proportion of the assembled crowd on a half-mile walk along the Trail, returning later to the scene of the opening for coffee and sandwiches.

Reprinted from the Fall 1971 issue of the Rideau Trail Newsletter.
Get ready to celebrate the RTA's 50th anniversary.



First Newsletter, Summer 1971



PHOTO: PAUL GALIPEAU



After the cleaning up the road the Ottawa Club 'adopted', 20 of the volunteers went to the pub for lunch.

KEVIN CHAPMAN PHOTO

Levels of Difficulty

FROM THE RIDEAU TRAIL ASSOCIATION GUIDE FOR LEADERS

Hiking

Level 1 Well-defined trails, gentle inclines. Hiking boots not required but trails may be wet. Suitable for beginners. Recommended for newcomers to club activities.

Level 2 Generally on trail. May be hilly with some light bushwhacking and rough spots. Boots recommended.

Level 3 Rough terrain, one or more places with extensive bushwhacking, steep sections, long climbs and descents, rock scrambling, beaver dams or other obstacles. Boots and level 2 experience are essential. Long pants and sleeves are recommended.

Speed

Slow: 2-3km/hr

Moderate: 3-4km/hr

Fast: 4-5km/hr

Very fast: 5km/hr or greater

The hike levels are based on mainly terrain difficulty or similar criteria, not on distance. Slight adjustment to the level may be made if a trip has exceptional endurance requirements (for example, a very long trip in easy terrain may change from Level 1 to Level 2 for this reason). If a particular trip has special requirements, this should be explained in the event description.

Cycling

Level 1 Few hills, broad roads or bike paths, little traffic. Participants must have some cycling experience.

Level 2 Some hills, some traffic, participants should be fit and experienced.

Level 3 Long hills and narrow roads. An excellent level of fitness and cycling experience is essential.

Canoeing

Level 1 Slow-moving sheltered water with no portages.

Level 2 Larger expanses of water, level 1 experience required.

Level 3 Canoeing in areas with larger expanses of water and portages.

Friends of the Cataraqui Trail

BY DON COULTER

The Cataraqui Trail (CT) is 104 km of multi-use trail from Strathcona to Smiths Falls. It has been supported by the Rideau Trail Association (RTA) since 1998 when \$5000 of startup funds were donated. At present the RTA uses the Cataraqui Trail from Harrowsmith to Sydenham, from Maple Leaf Rd to the Opinicon turnoff, a short distance of main trail after Skycroft, and a Blue Loop to Chaffey's Lock. These are practically the only cycle-friendly sections of the RT, and are all on the TransCanada Trail. The Trail has 46 entry points, and can be cycled throughout.

Since 1998 the RT has had a representative for hiking on the Cataraqui Trail Management Board (CTMB) and now the CTMB is being re-positioned as the Friends of the Cataraqui Trail (FCT). Memberships and donations to the CT. will now be directed to the FCT. Support for the Friends is solicited from all RTA members.

The Friends of the Cataraqui Trail first Annual General Meeting:

Saturday June 15 10 am to noon

Sydenham Library, 4432 George St, Sydenham

Memberships and donations: <http://crca.ca/online-services/catarauqui-trail-membership/>. Payment website courtesy of the Cataraqui Region Conservation Authority.

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.

Members Corner

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

Check for Trail updates and Maps

Remember the Trail text descriptions

Cottage for sale at Achray, Algonquin Park.

See page 24. Contact Heather

hmcmaiden@gmail.com

Using this space?

Planning a through-hike? Find a hiking partner.

Want to buy/sell equipment?

Contact the Editor (page 5).

Are you with us?

Do you have a particular interest? Or talent? Do you prefer to be outdoors or indoors? It is surprising the kind of help that an association needs. The tasks that are available for volunteers range from organizing and leading hikes to collecting money and developing policies. You can work alone, by yourself, or within a group of other volunteers.

The success of Rideau Trail Association depends on its volunteers. Everyone is welcome. Some tasks include organizing an event, writing an article for the newsletter, providing assistance with financial issues, or checking on a trail. The amount of time committed is whatever the volunteer can spare, whether it is a few hours a month, or more.

What's holding you back: limited time, don't know the people, prefer defined projects? The Rideau Trail has a volunteer task for you. Contact your local club Chair, a Board member (contact information in the Newsletter), or the President, (president@rideautrail.org). You and many other volunteers will drive the RTA forward. By participating, you will help create outdoor activities in our communities that will stimulate a healthy, active lifestyle.



Join Skyline Hikers for an incredible week-long wilderness hiking experience at Sunset Pass in Summer 2019

Since 1933, **Skyline Hikers of the Canadian Rockies** has offered a unique way to experience the back-country of Canada's mountain parks.

For more information, visit www.skylinehikers.ca, email us 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 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)
RTA Secretary
secretary@rideautrail.org



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



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



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

CENTRAL CLUB ACTIVITIES - SUMMER 2019

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 5). 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.

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.

PREVENT TICK TROUBLE! Use repellent, hat, long sleeves and long pants. Check for ticks everywhere on your skin when you get home!

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

Murphy's Point Hike Program

We are supporting a mid-week hike program organized by Murphy's Point Provincial Park. These will be Level 1 interpretive hikes of 5-8 km in different parts of the Park, led by Parks staff. These are ideal Wednesday walks which our members will very much enjoy. Wednesdays: June 12, July 10, August 14, September 11.

RTA Annual Meeting
June 1
in Smiths Falls

Activities Calendar

Saturday June 1 Rideau Trail AGM Smiths Falls Legion

7 Main St E, Smiths Falls, ON K7A 1A1.

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 9 am. Leader: Pat Stranberg pbstranberg@gmail.com

Tuesday June 4, Maintenance Morning

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 ***

12 km round trip, moderate pace. Suitable for experienced paddlers. Meet at River Park, Lanark, Ontario at 9 am to canoe/kayak on the Clyde River heading upstream for about 6 km, then return. Bring lunch, water, safety kit, life

Maintenance Tuesdays

Work crews are scheduled every Tuesday morning 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



(CENTRAL ACTIVITIES)

jackets, insect repellent, etc. Register in advance with leaders. The trip will be cancelled in event of inclement weather. Leaders: Howard and Mary Robinson 613 256 0817
hmrob@storm.ca

Tuesday June 11, Maintenance Morning

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

Wednesday June 12., Murphys Point Hike Program

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

Saturday, June 15, Rideau Trail Hike Narrows Lock to 08A

Level 1, 14 km. Park at Narrows Lock. Walk up Narrows Lock Road to 08C on the Rideau Trail, then follow the trail west to 08A along the North Shore Road. Return by the same route. A nice walk along the north shore of the Upper Rideau Lake. Gas \$4. Depart from Conlon Farm at 9 am. Leader: Bob Chittick 613 329 3006
robertchittick@gmail.com

Sunday June 16 Rideau Trail Hike 7E to 8C Westport Lions Club to Narrows Lock

*** note meeting time ***

Level 2, moderate pace, 13.6 km. RT Map 07/08. Depart from Conlon Farm at 8:15 am. Car shuttle. Leaders: Howard and Mary Robinson, 613 256 0817 or hmrob@storm.ca

Tuesday June 18, Maintenance Morning

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 22, Calabogie Mountain Trails

*** note meeting time ***

Level 3, moderate pace, about 11 km. Hike on rugged wilderness trails to enjoy views from the rocky outcrops of Calabogie mountain. Gas \$5. Depart from Conlon Farm at 8:30 am. Leaders:

Howard & Mary Robinson 613 256 0817 hmrob@storm.ca

Sunday, June 23, Mill Pond Rideau Valley Conservation Area

Level 2, moderate pace. 6 km. Hike along the looped trails through hardwood forest. Gas \$4. Depart Conlon Farm 9 am. Leader: Tom Pearcy 613 284 1294
tompearcey7@gmail.com

Tuesday June 25, Maintenance Morning

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 30, Mississippi Madawaska Land Trust High Lonesome Nature Reserve

Level 2, moderate pace. 6 km. A chance to visit a new nature reserve. Gas \$5. Depart Conlon Farm 9 am. Leader: David Batchelor 613 264 1559
dlhbatchelor@gmail.com

Tuesday, July 2, Maintenance Morning

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

Saturday, July 6, Rideau Trail Hike 11a to 10 D Rathwell Road to Conlon Farm

Level 1, moderate pace. 6.6 km. Walk along the tow path. Gas \$2. Depart Conlon Farm 9 am Leader: Tom Pearcy 613 284 1294,
tompearcey@gmail.com

Sunday, July 7, Frontenac Park, Small Slide Lake Loop

Level 3, moderate pace. 14 km. Enjoy this remote and scenic but challenging trail in Frontenac Park. Park fee. Gas \$6. Depart from Conlon Farm at 9:00 am Leaders: Howard & Mary Robinson 613 256 0817 hmrob@storm.ca

Tuesday, July 9, Maintenance Morning

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

Wednesday July 10 Murphy's Point Hike Program

Level 1, 5-8 km. Depart Conlon Farm 9 am. Contact Jack Tannett 613 466 0417 jtannett@cogeco.ca

Saturday July 13 Marble Rock Conservation Area

Level 3, Moderate pace. 11 km figure eight hike. Marble Rock offers a very large range of hiking terrain over a manageable distance. Depart Conlon Farm 8:30 am Gas \$5. Leader: Jim Middleton
middleton.james@gmail.com

Sunday July 14, Rideau Trail Hike Mackler Blue Loop

Level 2, moderate pace. 9 km. Gas \$2. Depart from Conlon Farm at 9:00 am Leader: Pat Stranberg 613 283 8735 pbstranberg@gmail.com

Tuesday, July 16, Maintenance Morning

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

Sunday July 21 Great Trail Old Brooke Road to Maberly Station

Level 1, moderate pace. 11 km. a scenic walk along an old rail line. Gas \$2. Car shuttle. Depart from Conlon Farm at 9:00 am Leader: Bob Chittick 613 329 3006
robertchittick@gmail.com

Tuesday, July 23, Maintenance Morning

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

Saturday July 27 Historic hike in Smiths Falls Note

*** note meeting place and time ***

Level 1, moderate pace. 5 km. The walk will take 2.5 hours. Meet 9:30 am at the water tower parking lot in Smiths Falls. Leader: Dorothy Hudson 613 283 0332
hudsondorothy44@gmail.com

Sunday July 28 Linda's Loop Crotch Lake

Level 3, moderate pace. 10 km. Leaving from the Coxvale Trailhead

(CENTRAL ACTIVITIES)

and walking a lollipop hike with a possible side trip to the Crotch Lake Lookout Rock. Gas \$4. Depart from Conlon Farm at 9:00 am Leader: Jim Middleton:
middleton.james@gmail.com

Saturday Aug 3 Charleston Lake Provincial Park

Level 2, moderate pace. 8-10 km on Park trails. Park fee. Gas \$4. Meet at Conlon Farm for 9:00 am Leader: David Batchelor 613 200 1559
dlhbatchelor@gmail.com

Saturday Aug. 10 Landowner and Volunteer Appreciation Picnic

Appreciation Picnic catered by the Club for RTA Central's landowners, volunteers and members (only). Rideau Ferry Yacht Club Conservation Area, noon to 5 pm. For details or RSVP: Elisabeth Kuiper 613 812 0770
elisabethkuiper0@gmail.com

Sunday Aug 11 Mill Pond Conservation Area

Level 2, moderate pace. 8 km. A walk through woods with views of the mill

pond. Gas \$3. Depart Conlon Farm at 9:00 am Leader: Pat Stranburg 613 283 8735 pbstranberg@gmail.com

Wednesday Aug. 14 Murphy's Point Hike Program

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

Saturday Aug. 17 Rideau Trail Hike 08C to 08G

Level 2, moderate pace. 10.8 km A walk through woodlands from Miner's Point Road to Narrows Lock Road. Car shuttle. Gas \$4. Depart Conlon Farm at 9:00 am Leader: Yvonne Kennedy 613 267 9817 yvnkennedy@gmail.com

Sunday Aug. 18 Beckwith Trails

Level 1, moderate pace. 8 km. Gas \$3. Depart Conlon Farm am Leader: Anna Cornell annamcornel27@gmail.com

Saturday Aug 24 Historic hike in Smiths Falls

*** note meeting place and time ***

Level 1, moderate pace. 5 km. The walk will take 2.5 hours. Meet 9:30 am

at the water tower parking lot in Smiths Falls. Leader: Dorothy Hudson 613 283 0332
hudsondorothy44@gmail.com

Sunday Aug. 25 Rideau Trail Hike 7E to 7B

Level 2, moderate pace. 11.8 km. A walk along the north side of Westport Sand Lake and along a concession road. Gas \$4. Car shuttle. Depart Conlon Farm at 9:00 am Leader: Maida Murray 613 390 0220
memmurray@hotmail.com

Sunday Sept. 1 Tetsmine and Hemlock Lake Loops

*** note departure time ***

Level 3, Moderate pace. 17 km. Part of the Frontenac challenge. A figure of eight hike through rough and undulating terrain starting from Kingsford Dam in the northern section of Frontenac Park. Gas \$5. Depart Conlon Farm at 8:30 am Leader: Jim Middleton
middleton.james@gmail.com

Saturday Sept. 7 Cataragui Trail

Level 1, Moderate pace. 10 km. Bass Road to Hanna Park in Portland. Car shuttle. Depart Conlon Farm 9 am Leader: Joyce Davis 613 794 3138
jbdavis098@gmail.com

Wednesday Sept. 11 Murphy's Point Hike Program

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

Saturday Sept. 14 Murphy's Point Provincial Park

Level 2, moderate pace. 9 km. Lally Homestead to Black Ance Point Road to the Big Rideau to McParlan House Loop. Park fee. Gas \$4. Depart Conlon Farm 9 am. Leader: Bob Chittick 613 329 3006 robertchittick@gmail.com

Sunday Sept. 15 Arkon, Doe and Arab Lake loops

*** note meeting time ***

Level 2, 15.5 km but dropouts are possible at 11 km and 14 km. Part of the Frontenac Challenge. Park fee. Gas \$5. Depart Conlon Farm at 8:30 am. Leader: David Batchelor 613 200 1559 dlhbatchelor@gmail.com

Recent Donations

Christina McGuire in appreciation of husband Don Sherwin
Elaine Bellinger in memory of Arthur Pollock
Janet Atwood in memory of Carmeta (Cam) Hodges

Mary Lou Hamilton in memory of John Cornish
Jennie Chan & Miu Lam in memory of John Cornish
Shirley & Hugh Pratt in memory of Murray Henderson

Other Donations

Ada Chambers
Linda J. Cornell
Lynn Cousineau
Catherine Cummings
Anne Groulx
Joanne Guillemette Lecuyer (Topsy Books)
Verena Hammerli
Peter Griffin & Heather Harrison
Samuel (Sam) Howard
Ronald Douglas Hughes

Dennis Hully
Bert Jenkins
Elsie Keates
Michael Kelly
Dr. Terry L. Kinnear
Brian LaDuke
Edward Lancaster
Robert Lantos
Jane MacNaughton
Gale McGovern- Brush
Juliet Milsome
Abdullah Mostamandi
Robert & Wanda Pelletier
Trina Piché
Elizabeth Sherlock
Randy B.K. Smith
Gordon Cater & Ina Thomas
Ioannis Tsilfidis
Helene & William Wilmart-Collard

Are you, or is someone you know, an avid sports enthusiast? Do you enjoy being outdoors and hiking or snowshoeing, cycling or skiing regardless of the weather? Or do you enjoy simply being out in nature, and welcoming the sights as you walk, run, cycle or ski along at your leisure? Or maybe you are passionate about nature, the flora and, the fauna, the geography, the country side, and you take it all in while participating in your favourite outdoor activity. And do you like to participate alone? With friends? With family? With groups of strangers whom you will get to know, and who may become new friends? Or maybe you like to bring visitors on walks to have them experience the beauty of nature on the trails in the area.

The Rideau Trail Association is comprised of 1200 members in clubs in the Ottawa, Perth and Kingston areas. It maintains a trail between Kingston and Ottawa that is available year-round, for just such activities. Members receive notices about all the activities in each area. The hikes are led by fellow members who are trained and experienced leaders. They are well-versed in the history and the local colour of the area. The activities vary in length, usually with a number of choices: day hikes,

weekend hikes, evening hikes and morning hikes. There are also organized weekend walks out of the usual hiking areas; people stay overnight and tackle new trails, or different trails. And there are badges for the the completion of the really challenging ones, such as doing all the trails in Frontenac Park within a certain period of time. And the winter hikes and challenges are not exempt! So much to choose from!

**MAXIMIZE YOUR OUTDOOR FUN
WHILE GETTING FIT
JOIN THE RIDEAU TRAIL ASSOCIATION**

In addition to the hikes, members can volunteer for various activities. If you, or someone you know, has a keen interest in a specific

area of nature, such as birds, flowers, or geology, we would be interested in having you join us and share your expertise on the trail. This could be of interest to someone who is working on a project, or a degree in an area related to nature. Also, students could work in their volunteer hours while enjoying their favourite sporting activity. A great way to enjoy being outdoors while practicing a sport and being in the company of like-minded people.

So why not consider joining the Rideau Trail Association? There is so much to enjoy and to share.

Introduction to Hiking Course

Tell your friends!

Introduction to Hiking - **Saturday, August 24, 2019**

Nepean Sportsplex, 1701 Woodroffe Avenue, Ottawa

For Beginning Hikers

Do you know anyone who would like to start hiking but is uncertain about what's involved?

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

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

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

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

To register or for information: e-mail introtohiking@rideautrail.org;

phone 613-860-2225; or visit rideautrail.org/introtohiking

Registration starts June 15.

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(s) E-Mail(s) E-mail is used for a quarterly newsletter, a monthly E-Letter and occasional other communication. ☐ Please do not send 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 15 Kingston 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): _____	

Mapping the Rideau Trail

BY DAVID BATCHELOR

Providing maps to hikers is an important activity - and it is sometimes difficult to remain current. Over the years, there have been several different approaches.

We have recently been able to copy the earliest maps of the trail that we know about which were produced in 1974. They were black and white photocopies of topographic maps (at a 1:50,000 scale) with small red arrows drawn on them. The route was described on the back of the map in point form. The trail was shown on 13 maps numbered from Ottawa to Kingston. A pocket sized



guide book was produced the same year, describing the Kingston area, but it did not include maps.

Several variations of these maps were produced and coloured maps were later introduced, with the now familiar GPS tracks being used to show the route. Seven editions of the printed guidebook were published with the last one available in 2006. As noted above, the original maps were numbered from Ottawa to Kingston, but the Kingston guidebook started in Kingston and went north to Westport and Foley Mountain.

Since that time, the maps and description of the trail have been available at no charge on the RTA website, so hikers can print their own copies as needed. For a while, laminated paper copies were also available by mail at a charge. In the last few years, the GPS tracks have also been available, linked to Google Maps, on the RTA website.

Chris Heap and John Haley have been our map makers. They've taken the GPS tracks provided by the trail maintenance coordinators from each club. Once updates were plotted, John would usually walk the revisions in both directions to create the descriptive text that fits on the back of the map page. However, both Chris and John have decided that it is time to pass these duties on to new volunteers.

Many thanks to both of them for all their work on this project. Now it's your turn. Are you a mapping enthusiast who could help continue this activity? If so, please contact David Batchelor (trailcoordinator@rideautrail.org)



Exquisite Outdoor Beauty

Healthy Lifestyle

Moments of Tranquility

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

 **CALABOGIE
PEAKS RESORT**
Mountain, Lake & Land
calabogie.com

Central Club

Morgan Cranpton
Denis Daoust
Linda Davies
Anne Kewley & Robert MacDermid
William (Bill) MacLean

Kingston Club

Susanne Amari
Kiana Beaulieu
Jennifer Brinkman
Anya Brooker
Catherine Cummings
Elizabeth (Marie) Doucet
Patricia Evans
Karen Gilroy
Patricia Graham
Qian Gu
Xiaolei (Shirley) Li
Roderick MacDowell
Lorna Holborn-May & Robin May
Barry Monaghan
Heidi Hatch

Welcome New Members

Ottawa Club

Melissa Allison Alonso
Alan & Trish Collins Bird
Frans Blom
Terri Bolster
David Brown
Tammy & Bryan McDonald Carter
Susan S. Carvell
Heather Chappelle
Jacob Crawshaw
Jo-Anne Dohar
Carole Dolan
Pat Cutrone & Robert Fairhurst
Norah Lee Farrow
Alex Grey
Samuel (Sam) Howard
Dennis Hully
John Labrecque
Melodie Levitt
Cindy Mannette
Christine (Tina) Marshall

Julie Mulligan
Margaret O'Reilly
Christine Ormsby
Stephanie Pearson
Nancy & Keith Hadley Poon
Charlene Rinn
Sheri Riviere
Nick Tinker
Elizabeth (Beth) Woloski

Non-Affiliated

Nathan Abdelnour & Ashley
Armstrong
Eric Chan
Eric Chapman
Ashleigh Delaye
Sandra Green
Helen Jeronimus
Izabela Kacprzak
Colin Martin
Bonnie J McGhie
James Moss
Jacqueline Van Dyke

Comfortable Hiking Holidays

Hike an adventure. Rest in comfort.

Toll free 1 (866) 449-1908 • info@letshike.com • www.letshike.com

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.



Krafla Volcanic Region, Iceland

Why ICELAND is a MUST in 2019

Viking explorers got it right – **Iceland** is truly a spectacular place to visit! Although we didn't discover this amazing destination as early as the Vikings did, we can tell you that since 2006 it has been one of our most popular trips!

1. IT'S BEAUTIFUL – We cannot stress enough how gorgeous the hiking is here. Our program offers such a variety of sights and experiences, from majestic waterfalls and geysers, to snow-capped mountains and soothing thermal pools.

2. IT'S UNSPOILED – Tourism is booming, but for the most part, we have the trails all to ourselves! That's because we get off the beaten path and get into areas that bus tours do not venture to.

#3. IT'S SAFE – Iceland is considered one of the safest countries in the world. You can walk around Reykjavik in the middle of the night – which is actually pretty cool because we visit during the midnight sun – and feel completely safe. To emphasize – it's not uncommon to see mothers leaving babies in strollers outside a store, while they go in to shop!

#4. IT'S DIFFERENT – The geography and sites are unique, but the people and culture is very different as well. The majority of locals still believe in elves! And they don't take themselves too seriously – Google Reykjavik Mayor Jon Gnarr.

#5. DEALS! – There's no denying that this is not the most affordable hiking destination, but the deals on airfare these days are truly spectacular!

TICO # 50018498

KINGSTON CLUB ACTIVITIES - SUMMER 2019

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 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 Pascale: pascale.champagne@queensu.ca (613) 530-5610.

E-LETTER

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



Wednesday Walkers - Ideal for people interested in healthy exercise walking at a comfortable pace with some social interaction. Walks depart every Wednesday afternoon at 1:30 pm. For details, contact Mary-Jean at cyclegirl2018@gmail.com with your name and phone number, or call the Club at (613) 545-0823.

ACTIVITIES CALENDAR

Saturday June 1 RT Association 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 Opinicon Access Road. 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 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 peterbur@kingston.net

Saturday June 15 Rock Dunder

Level 2, moderate pace, 8 km. Everyone is welcome for this beautiful day outing with many scenic views. Be sure to bring your camera, lunch, and bug spray. Ice Cream or refreshments after hike. Gas \$ 5 plus park fee. Depart Can Tire 9 am. Leader Stan Huff 613 548 3003

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 hmrob@storm.ca

Friday June 21 Summer Solstice Evening Stroll

Level 1, easy pace, about 8 km. Walk along Rideau Trail/Waterfront Trail by Lake Ontario from Kingston Pen to downtown with stop at Queen's Inn outdoor patio for a drink and or bite to eat, then amble through the treed streets back to the cars. Meet at 5 pm. Leader: Sharen Yaworski sharenann@gmail.com 613 449 2808

Saturday June 22 E2E10 Narrows Lock to Lally Farm

Level 2, moderate pace, 16 km. Hike the Big Rideau Waterway. Meet at Lally Farm at 9 am and shuttle to Narrows Lock. Important for Hikers: Arrive at meeting place able to shuttle 2/3 additional people. RT Map 08.

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

**Thursday June 27 Howe Island
Cycle Ride**

Level 2, moderate pace, 55 km (or 30 km option). Enjoy the water views and pastoral scenery. Meet at 9:30 am at CFB MacDonald's on Hwy 2 or at 10:30 am at Howe Island Ferry Rd. (Joyceville Rd) dock. Bring picnic lunch to have at east end of island. Leader: Robert Tolley 613 542 9626 email retolley@hotmail.com

Monday July 1 Oh Canada Hike!

Level 1, easy pace, about 5 km. Get your Red and come out for an early morning hike in Little Cat. Conservation Area. We will hike Pine loop (1) and Sugarbush loop (3), followed by a stop at Tims on Division Street for refreshments. Meet at Canadian Tire at 8 am to beat the heat of the day. Leader: Sharen Yaworski sharenann@gmail.com 613 449 2808

Saturday July 6 Sunrise at Fort Henry

Level 1, easy pace, 4 km. Stroll around Historic Barriefield and have brekkie afterwards. Meet in Fort Henry parking lot at 6:30 am. Leader: Audrey Sanger 613 384 6244

Saturday July 13 Frontenac Park

Level 2, moderate pace, 15 km. Hike from the Trail Centre to Flag Pole Hill and return. Many scenic views along the way. Bring bug spray, swim gear, lots of water, and lunch. Depart CT 8:30 am. Gas \$4 plus park fee. Leader Stan Huff 613 548 3003

Gould Lake: Hike, Swim, Canoe

Saturday July 13 at 11 am
Hot dogs and drinks will be available. Look for our brand new sun canopy down in the field where the barn is located. Bring your own picnic if hot dogs are not your jam! For suggestions contact sharenann@gmail.com

Tuesday July 16 Gould Lake

Level 2, moderate pace, 9 km. Hike from gate on Gould lake Rd to go on Main Trail then around Mine Loop. Bring bug spray, swim gear, and lunch. Depart 9:30 am. Gas \$4. Leader Robert

Tolley 613 542-9626 email retolley@hotmail.com

**Saturday July 20 Historic Walk
K&P Kingston Waterfront Trail**

Level 2, moderate pace, 10 km. RT Blue Loop. Visit and explore sites of Kingston's industrial past in the Inner Harbour area, and on to Division St. Meet at Douglas Fluhrer Park at the north end of Wellington St. at 9 am. Leader: Don Coulter 613 542 9998 coulter.dm@sympatico.ca

**Saturday July 27
Cycle Amherst Island**

Level 2, moderate pace, 20 km. Enjoy the tranquil roads of Amherst Island and take in the garden party at St. Paul's Presbyterian Church. Meet at Ferry Dock in time to board the 9.30 ferry (\$2 fare). Leader: Audrey Sanger 613 384 6244

**Saturday August 3
Cycle Howe Island**

Level 2, moderate pace, 30 km. Enjoy the tranquil roads and pastoral scenery of Howe Island. Meet at dock in time to board the 9:30 am ferry. Bring food and water. Leader: Audrey Sanger 613 384 6244

**Thursday August 15
Portsmouth District Ramble**

Level 1/2, easy pace, 8-10 km. Ramble around the Portsmouth District Area. Please bring a brown bag lunch to enjoy afterwards back at the pavilion. Meet at the Lake Ontario Park Pavilion at 9:30 am. Leader: Linda Line 613 531 4353

**Saturday August 17 Little
Cataraqui Conservation Area**

Level 1, easy pace, 7 km. Come hike the Reservoir Loop and enjoy the

heavily treed trail. Meet at Canadian Tire at 8 am. Please bring water and a snack. We will stop at Panera for refreshments afterwards. Leader: Sharen Yaworski, sharenann@gmail.com 613 449 2808

**Sunday August 18 Gould Lake
Conservation Area**

Level 2, moderate pace, 8 km. Hike from Bedford Rd on Wagon Trail to Mica Trail. Bring bug spray, swim gear, water and lunch. Depart CT 9:15 am. Gas \$4. Leader: Robert Tolley 613 542 9626 email retolley@hotmail.com

**Saturday August 24
Gananoque Town Trails**

Level 1 or 2, moderate pace, 12 km. Please join us for this relaxed route by the waterfront, some easy woodland trails, a stop at Tim's, along with memories of John Cornish's favourite walks. Depart Can Tire at 9 am. Gas \$3. Bring water and a snack for lunch at the 1000 Island Playhouse. Leader Stan Huff 613 548 3003

**Thursday September 5
Frontenac Challenge**

Level 3, fast pace. 21 km. Hike Arkon and Little Salmon Loops. Depart CT 8:30 am. Bring lunch, water, and snacks. Gas \$4 plus share park fee. Leader: Robert Tolley 613 542 9626, email retolley@hotmail.com

**Saturday September 14
Rail Line Ramble**

Level 2, moderate pace, 14 km. Hike the K&P Trail from Hartington to Verona & return. Lunch at Mom Restaurant. Gas \$3. Depart 9 am from Can Tire. Leader: Stan Huff 613 548 3003

Obsolete Description for Map 2

Silvers Hill Blue Loop From its S end on the RT and K&P Trail 400 m NE of McIvor Rd, this 1.5 km BL goes E through open scrub and woods, rising to the gravel Bullen Rd where it goes L (N) for 100 m. It goes L, crosses the ridge of Silver Hill, and descends in open scrub woods. It crosses a field subject to spring flooding, passes a sink hole R where Collins Creek disappears, crosses a wood bridge over a mill-race, and follows a farm track, passing close to the landowner's home, to reach the N end of the BL at Jackson Mills Rd.

Ed Note: As this trail has been decommissioned, this description is provided for interest, only. See LOST, page 2.



PHOTO: SHAREN YAWORSKI

New to the Kingston Executive

John Rowe, Rick Shaver, Pascale Champagne, Jennifer Brinkman, Barry Monaghan, Joel Lamorre.



On a Monday in April, Audrey Sanger (Kingston) had 18 hikers picking up trash off the trail and streets of Kingston. For Pitch-in Week, the garbage bags are supplied by Sustainable Kingston and Tim Hortons. All we do is the work! SHAREN YAWORSKI



Audrey Sanger cuts the Frontenac Challenge's 25th anniversary cake (2017).

KEVIN CHAPMAN

experience The East Coast Trail with Brown Rabbit Walkabout

Hike 250 kms of beautiful coastal trails on the Avalon Peninsula in Newfoundland with our help.

We provide transportation from & to St. John's Airport, to and from trail heads, and three meals a day with accommodations.

For prices and information contact Isa.



Phone: 1-709- 334-2208

email: brownrabbitcabins@nf.aibn.com

Fax: 1-709- 334-3601

www.brownrabbit.nl.ca

Audrey Sanger

Everyone in the Kingston Club knows this lady. She has been an active member with the Club for 26 years. Audrey started the popular moonlight hikes, she now leads Wednesday walkers once a month, she has taken up cycling more in the last few years is leading more cycling events this month coming. Look at the Kingston Calendar and imagine it without Audrey's name. She not only leads hikes and cycles, she maintenance a section of the Trail, up off of Unity Road.

I still remember my very first hike in Frontenac Park It was 15 yrs ago and Audrey was the leader extraordinaire. She leads hikes in a manner that is very engaging and humorous. She stops to smell the roses and even stops to check the scat and animal prints. However, she jumps at the site of a black rat like many of us!

Audrey is the only person to have completed every Frontenac Challenge (26 times and counting). Many years she even completes the challenge twice as people call on her to help them get the Challenge done. Audrey is always willing to help out. Thank you, from all of us.

SHAREN YAWORSKI IS CHAIR OF THE KINGSTON CLUB.

OTTAWA CLUB ACTIVITIES - SUMMER 2019

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 5).

NOT SURE?

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

Gatineau Park and **Greenbelt** outings keep the **emergency number** handy: 613-239-5353.

CARPOOLING AND FEES

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

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

MEETING PLACE

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

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

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:

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 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.

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

Wednesday Walkers - Level 2 and 3 impromptu all-day events in Gatineau Park. Meet on Bate Island (Champlain Bridge) at 9:15 am to depart at 9:30. For information, contact **Tony Barnes**: 613-828-1216 fellwalkerca@gmail.com

Urban Walks - Tuesday evening Urban Walks recommence after Labour Day. 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: **Maureen Dawson**, 613-226-3864.



Hikers on the Rideau Trail PHOTO: JACK TANNETT

ACTIVITIES CALENDAR - OTTAWA

Saturday, June 1 RTA AGM

Royal Canadian Legion, Smith Falls

Sunday, June 2 Spring Bird Sighting

Come for a car-intensive outing to birding spots in Ottawa-Gatineau. Bring water and a snack. Highly recommended: insect repellent, binoculars and boots for muddy areas. Meet at Tunney's Pasture at 7:15 am for a 7:30 departure. We'll quit about noon. Leader Roger Bird 613-232-2262

Sunday, June 2 Trails 50-52 Mer Bleue Sector/Dolman Ridge

Level 1, approximately 10 km on well-marked and groomed NCC trails. Meet at Tunney's Pasture by 9:15 for a 9:30 am departure. Pack a lunch as we plan for an outdoor picnic. If you enjoy chickadees bring seeds to see them close up. Gas: \$3. Co-leaders: Lianna Cousins and Mike Beaupré, true_redandwhite@live.com 613-796-5375 .

Tuesday, June 4 Moonlighter Hike

Level 1 or 2. Destination TBA. Meet at Tunney's Pasture at 5:45 pm. Information: Hazel Miller 613-232-3558

Saturday, June 8 Wakefield Loop

Level 2, 14.3 km; moderate pace. Wear good boots. Bring water and lunch. Depart from Tunney's Pasture at 9:30 am. Gas \$4. Leader: Brian Brooks 613-491-0645 brooksbrrian12@gmail.com

Saturday, June 8 South March Highlands

Level 2, 11-12 km at a moderate pace. Expect to navigate across a beaver dam

and around several fallen trees. Good boots are essential and hiking poles are strongly recommended. Bring sunscreen and bug dope. Outdoor lunch. Meet at the Klondike Road entrance for departure at 9:45 am. Leader: Carol Seal 613-291-7547 carol.seal.613@gmail.com

Sunday, June 9 The Great Trail

Level 1, approximately 12-13 km. Gravel road on the Ottawa Carleton Trailway. Meet at Fallowfield & Woodroffe Park & Ride by 9:15 am. Departure 9:30 am. Outdoor lunch. Leader: Michael Beaupré 613-796-5375 true_redandwhite@live.com

Tuesday, June 11

Moonlighter Hike

Level 1 or 2. Destination TBA. Meet at Tunney's Pasture at 5:45 pm. Information: Hazel Miller 613-232-3558

Saturday, June 15 Gatineau Park, Ridge Road

Level 2, about 4 km out and the same back from P7 up trail 30 to trail 1 to Keogan for lunch. Meet at Tunney's Pasture at 9:15 for departure at 9:30 am. Bring bug repellent, sunscreen, water and lunch. Gas \$3. Leader Terry McComb 613-820-3936

Saturday, June 15 Gatineau Park, Spring into Summer!

Level 2, about 16 km, fast pace from P17 on twisty mountain-bike trails; some rocky "moguls" and steep bits,

so wear boots with good soles. Outdoor lunch and swim at Brown Lake. If it's hot, there could be an optional shorter route and longer swim time. Gas \$4. Meet at Tunney's by 8:45 to depart at 9 am. Leader: Ann Bolster 613-828-5131 ann_bolster@hotmail.com

Tuesday, June 18

Moonlighter Hike

Level 1 or 2. Destination TBA. Meet at Tunney's Pasture at 5:45 pm. Information: Hazel Miller 613-232-3558

Saturday, June 22 Marlborough Forest Hike

*** Note meeting time ***

Level 2, 8.5 km. Doug's nature hike around a series of beautiful ponds and marshes. Lunch afterwards for those who desire at the Marlborough Pub (best smoked meat sandwiches and fries around) in North Gower. Note the early start time in hope of seeing more wildlife and birds. Bring small snack and beverage for mid-morning break at one of the ponds. Meet at Fallowfield Park & Ride for 7:00 am. Gas share \$5. Leader: Doug Parsons 613-843-8222

Saturday, June 22 Easy Cycle, Bate Island to Aylmer Marina

Level 1, 13 km each way, primarily on bike path. Bring lunch, sunscreen and bug spray. Possible swim. Depart Bate Island at 10 am. This will not take place in the event of rain. Leader: Ann Lane e.ann.lane@gmail.com

Tuesday, June 25

Moonlighter Hike

Level 1 or 2. Destination TBA. Meet at Tunney's Pasture at 5:45 pm. Information: Hazel Miller 613-232-3558

Saturday, June 29

Rideau Trail and Timm Drive Trails

Level 1, 7 to 8 km, about 3 hours. Various trails including NCC path 21. The route is a wooded path with some stone dust surface. Meet at Baseline Park & Ride at 10 am. Gas \$2. Leader: Sandy Freeman 613-225-2940

Saturday, June 29 Easy Cycle to Petrie Island

Level 1, about 20 km each way. Cycle from P5 on Sir George Etienne Cartier



Ottawa Club Executive, L to R: Bob Smith, Bill Davies, Kevin Chapman, Brian Grant, Carol Seal, Steve Kelly, Lorraine Farkas, Sandy Freeman, Kevin Reynolds, Michael Beaupré, Adriana Kievit, Denise Hall, Dawn Carrick THANKS TO ROGER REENS FOR WORKING KEVIN C'S CAMERA.

Parkway (Rockcliffe Parkway) to Petrie Island. Primarily on bike path, some on fine crushed gravel. Possible swim. Depart from P5 at 10 am. This will not take place in the event of rain. Leader: Ann Lane, e.ann.lane@gmail.com

Sunday, June 30 Blueberry Mountain & Old Grove (cliffLAND)

Level 2, about 7-8 km. By special arrangement with the landowner we will have a guided tour of the Old Grove, home to an Eastern White Cedar estimated to be 250-350 years old, before heading to Blueberry Mountain. If time allows we will explore a nearby section of the K&P Trail. Relaxed pace, but rough/wet trails with several steep hills. Bring lunch, water, bug dope. Meet at Eagleson Park & Ride, 9:15 for 9:30 departure, or contact leader to meet at destination. Gas \$8 plus voluntary donation to Mississippi Madawaska Land Trust. Leader: Kevin Chapman, calwa@sympatico.ca 613-591-9899

Tuesday, July 2 Moonlighter Hike

Level 1 or 2. Destination TBA. Meet at Tunney's Pasture at 5:45 pm. Information: Hazel Miller 613-232-3558

Saturday, July 6 Gatineau Park, Meech Lake

Level 2, moderate pace, about 6 to 7 km, including a peek at the new O'Brien boutique hotel. P10 to the Carbide Mill, with lunch and an optional swim along the trail in Meech Lake. Come prepared for bugs. Meet at Tunney's Pasture for a 9:30 am departure. Gas \$3. Leader: Ethel Archard 613-592-7733 ethel.archard@sympatico.ca

Saturday, July 6 Gatineau Park, Long Way to King Mountain

Level 2, 15 km, moderate pace. Lollipop loop from the Visitor Centre, lunch on King Mountain. Expect muddy areas, steep hills, and lots of roots and rocks. Good boots essential and hiking poles are strongly recommended. Bring sunscreen and bug dope. Meet at Tunney's Pasture for departure at 9:30 am. Gas \$3. Limited number of participants; must sign up with leader by Thursday, July 4th. Leader: Carol Seal, carol.seal.613@gmail.com 613-291-7547.

Tuesday, July 9 Moonlighter Hike

Level 1 or 2. Destination TBA. Meet at Tunney's Pasture at 5:45 pm. Information: Hazel Miller 613-232-3558

Saturday, July 13 Gatineau Park Hike

Level 1, about 4 km out and the same back from P17 up trail 53 to where it meets trail 51 for lunch. Meet at Tunney's Pasture at 9:15 for departure at 9:30 am. Bring bug repellent, sunscreen, water and lunch. Gas \$3. Leader: Terry McComb 613-820-3936

Saturday, July 13 Gatineau Park Hike and Swim

Level 2, about 6 km on trails 50 and 36 from P16. Swim (optional) and lunch at Macdonald Bay. Meet at Tunney's Pasture for a prompt 10 am departure. Gas \$4. Leader: Sandy Freeman 613-225-2940

Tuesday, July 16 Moonlighter Hike

Level 1 or 2. Destination TBA. Meet at Tunney's Pasture at 5:45 pm. Information: Hazel Miller 613-232-3558

Saturday, July 20 Gatineau Park, Clear Lake

Level 2 hike with modest climbing and some bushwhacking; 10 to 12 km. From the Eardley-Masham Road we will hike mainly on a mix of broad and faint trails. Panoramic views from high points. Bring a lunch, lots of water, a bug hat and/or spray, and swim gear for a dip at beautiful Clear Lake. Possible option of an easier route with a second leader. Meet at Tunney's Pasture no later than 8:15 to depart at 8:30 am so we can start hiking when it's still coolish. Gas \$5. Leader: Ann Bolster 613-828-5131 ann_bolster@hotmail.com

Tuesday, July 23 Moonlighter Hike

Level 1 or 2. Destination TBA. Meet at Tunney's Pasture at 5:45 pm. Information: Hazel Miller 613-232-3558

Saturday, July 27 Gatineau Park, Lauriault Loop

Level 2, about 6 km. Meet at Tunney's Pasture at 9:15 for

departure at 9:30 am. Bring bug repellent, sunscreen, water and lunch. Gas \$3. Leader: Terry McComb 613-820-3936

Saturday, July 27, Lusk Lake Loop

Level 2, about 10 km. From the parking lot at Parent Beach, Lac Philippe, we hike to Smith Beach to Trail 54 - to the perfect swimming spot on Lusk Lake. Return by walking the wider Trail 54 back to the parking lot. Bring lunch, water and your bathing suit. Water shoes may be helpful getting in and out of the Lake. Depart from Tunney's Pasture at 9:30 am, Gas \$4. Leader: Sheila Parry 613-324-4006. IMPORTANT there is a fee for parking at Lac Philippe.

Saturday, July 27 Gatineau Park

Level 2, Gatineau Park, 8 -10 km, moderate pace, on trail, likely some climbing. Actual route to be determined closer to the date. Meet at Tunney's Pasture for a 9:30 am departure. Gas: \$3-4 depending on destination. Leader: Kathryn Fournier lou_daybreak@hotmail.com

Tuesday, July 30 Moonlighter Hike

Level 1 or 2. Destination TBA. Meet at Tunney's Pasture at 5:45 pm. Information: Hazel Miller 613-232-3558

Saturday, August 3 Gatineau Park

Level 2, Gatineau Park, 8 -10 km, moderate pace, on trail, likely some climbing. Actual route to be determined closer to the date. Meet at Tunney's Pasture for a 9:30 am departure. Gas: \$3-4 depending on destination. Leader: Kathryn Fournier lou_daybreak@hotmail.com

Saturday, August 3 Upper Canada Migratory Bird Sanctuary – Easy Hike (accessible option)

Level 1, (several options). From Ottawa we drive to Upper Canada Village and rendezvous at the Village Store Cafeteria when it opens at 11 am. After coffee and a snack we drive to the parking lot at the bird sanctuary. Most will probably do the 8 km trails, at an easy pace (depending on the bugs), but there are shorter trails, including the bicycle path, which is wheelchair-accessible, and boardwalks through the

marshes. We'll try to coordinate drives in case some want to return at different times. Depart Greenboro Park & Ride at 10 am or meet at Upper Canada Village (advise leaders). Gas \$7. Leaders: Graham and Lena Creedy 613-789-1657 gcreedy@rogers.com

Tuesday, August 6 Moonlighter Hike

Level 1 or 2. Destination TBA. Meet at Tunney's Pasture at 5:45 pm.
Information: Hazel Miller 613-232-3558

Saturday, August 10 Gatineau Park, South of Meech Lake

Level 2, 15 km, moderate pace. From P12, hike a number of trails, some quite faint, in a lollipop loop. Some steep, rugged hills; rocky and uneven ground; possible water hazards (yes, even in August). Good boots are essential and hiking poles are strongly recommended. Bring sunscreen and bug dope. Outdoor lunch. Meet at Tunney's Pasture for departure at 9:30 am. Gas \$3. Limited number of participants; must sign up with leader by Thursday, August 8. Leader: Carol Seal 613-291-7547 carol.seal.613@gmail.com

Tuesday, August 13

Moonlighter Hike

Level 1 or 2. Destination TBA. Meet at Tunney's Pasture at 5:45 pm.
Information: Hazel Miller 613-232-3558

Saturday, August 17 Gatineau Park, Lusk Lake Loop Hike and Swim

Level 2, about 10 km. From Parent Beach parking lot, Lac Philippe, we take trail 54 to Lusk Lake for lunch, optional swim. Then we continue along trail 54 back to the cars. Bring lunch, water, sunscreen and insect repellent. Meet at Tunney's Pasture at 9:15 for a 9:30 am departure. Gas \$5 plus a share of the fee for parking at Lac Philippe. Leader: Grace Hyam, dr003@ncf.ca 613-829-7252

Sunday, August 18: Parc des Montagnes Noires, Ripon QC

Level 2, about 9 km at a leisurely pace. Hilly terrain. Some steep sections. Hiking boots definitely required. Bring lunch and enjoy it at a look-off with great views of the Laurentians. Meet at Tunney's Pasture by 9:15 am for a 9:30 am departure. Gas: \$6.00. Park access fee: \$5.00. Leader: Ron Hunt mobile: 613-298-1626 re.hunt@sympatico.ca

Tuesday, August 20

Moonlighter Hike

Level 1 or 2. Destination TBA. Meet at Tunney's Pasture at 5:45 pm.
Information: Hazel Miller 613-232-3558

Saturday, August 24 Fallowfield to Black Rapids

Level 1, about 12 km. Hike on a tree-lined, lightly gravelled, shared bicycle path. Lunch at the locks at Black Rapids. Meet at Fallowfield Park & Ride for a 10 am departure. Leader: Doug Parsons 613-843-8222

Tuesday, August 27

Moonlighter Hike

Level 1 or 2. Destination TBA. Meet at Tunney's Pasture at 5:45 pm.
Information: Hazel Miller 613-232-3558

Saturday, August 31 Greenbelt, Pinhey Forest and Dunes

Level 1, 8-9 km. Morning hike through a wooded area, passing unique glacial sand dunes. Bring bug repellent, water, snack. Depart at 9:30 am from the trailhead, P14, at the south end of the parking behind the Nepean Sportsplex, 1701 Woodroffe (south of Hunt Club West). OC Transpo bus #95 goes to the Sportsplex. Leader: Ethel Archard 613-592-7733 ethel.archard@sympatico.ca

Saturday, August 31 Manitou Mountain, Calabogie

Level 3, distance will depend on weather conditions. Moderate pace. Expect lots of ups and downs. Outdoor lunch. Meet at Baseline Park & Ride for a 9 am departure. Gas \$8. Leader: Denise Hall 613-843-8222 rebeccahall@rogers.com

Saturday, September 7 Poets' Pathway, Part 1

Level 1 walk, 8 to 10 km. The Poets' Pathway is a walking and biking trail of about 35 km, from Beechwood Cemetery to Britannia Beach. Its purpose is to preserve green space in the nation's capital and to commemorate Canada's poets. Details in Fall Newsletter. Leader: Grace Hyam, dr003@ncf.ca 613-829-7252

Saturday, September 7 Gatineau Park, Curley Lake and Lac La Pêche

Level 2+ hike, about 13 km. From Steele Road on the old right of way to Curley Lake, then faint trail to Fairburn Bay. Return via old access road. Double swimming option. Wear sturdy footwear and clothing, as there are brambles/deadfall/windfall to cope with. Meet at Tunney's Pasture to depart at 9:30 am. Gas \$5. Leader: Peter Haggerty fw599@ncf.ca

Sunday, September 8 Gatineau Park, Mulvihill and Pink Lakes

Level 2, 12.5 km. Two loops through a popular section of Gatineau Park, intersecting at the historic Mackenzie King Estate and including the Laurault Trail. All on trail with hilly parts. Start at Pink Lake with lunch at Mulvihill Lake. Wear good boots. Bring water and lunch. Depart from Tunney's Pasture at 9:30 am. Gas \$3. Leader: Brian Brooks, brooksbrrian12@gmail.com

Tuesday, September 10 Rideau River and Old Ottawa South

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

Tuesday, September 17 Hog's Back/Vincent Massey/Ottawa South

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





PHOTO: HOWARD ROBINSON

A First-Timer and the Winter End to End

BY LORI HENLEY

I joined the RTA late in 2016 on the recommendation of several cycling friends. Out of the blue, I decided to sign up for the winter E2E in 2017 because it sounded like a cool thing to do “in the tradition of fun, exercise and friendship,” and I was home bound that winter. Although I had lots of experience hiking in summer and fall climates, I had minimal snowshoeing experience and had never really hiked in winter. Nor did I know anyone else doing the E2E. We were hiking the middle

segment that year, from Westport to Merrickville, so most of the group had started in Kingston the year before.

I’m happy to say I finished the E2E this year on the Kingston to Westport segment, with a total of some 330 km over three winters. It was a fabulous experience, due in large part to our dedicated leaders and the enthusiasm, friendship and patience of my fellow participants.

A huge thanks to Audrey Stewart, Carol Seal, Kevin Chapman and Rusty Bassarab for leading the extra-length groups from 2017 through 2019.

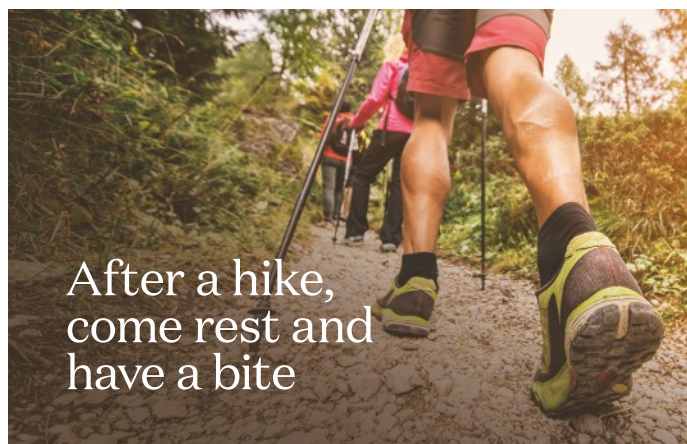


PHOTO: WERNER HEISS

Tips for a Day Out in Winter

I learned a great deal about winter hiking and thought I would share a few tips:

- Fill with warm water and store it upside down (hydration packs freeze)
- Put a sock on your thermos because the metal can can freeze your bare hands or fingers
- Carry food inside your jacket so it doesn’t freeze
- High quality hiking spikes and good snowshoes with the climbing spikes are worth the extra cost. (Good for both up and down the steep slopes)



After a hike,
come rest and
have a bite



ON THE SKI DOO TRAIL • BAR • DINING • COMFORTABLE SUITES
LIVE ENTERTAINMENT • DAY SPA • X-COUNTRY SKIING • WI-FI

Westport-on-the-Rideau
613-273-3636
www.coveinn.com

THE COVE
COUNTRY INN
Established 1978

LORI HENLEY IS A MEMBER OF THE OTTAWA CLUB. HER LIST OF TIPS HELPS US ESCAPE SUMMER’S HEAT. IT IS MOST VALUABLE TO THOSE WHO ARE NEW TO SPENDING THE DAY OUTSIDE. WE WILL REPRINT THE LIST IN ITS ENTIRETY IN THE WINTER NEWSLETTER.



PHOTO: NIELS RASMUSSEN



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

My Favourite Place



Grand Lake

This view of Algonquin Park's Grand Lake inspires peace, especially in the morning like this. It's a family cottage, so there are many great memories here. I'll treasure them, but this will be our last summer if we sell the cottage, as expected. HEATHER MCDOWALL, OTTAWA

Where are You Going to Hike?

North: <http://sentierswakefieldtrails.ca>

South: <https://www.frontenacarchbiosphere.ca/explore>

Ontario: http://www.canadatrails.ca/hiking/hike_on.html

Don't you think other members would like you to share your notes/pictures? Contact the Editor to learn how.



PHOTO: NIELS RASMUSSEN

See what novice snowshoer Lori Henley noticed on the Winter End to End, page 23.



Trail Markers

Rideau Trail
heading north,
towards Ottawa



Yellow Tip

Rideau Trail heading
south, towards
Kingston

Inside Summer

EDITED BY (STEVE KELLY AND ADRIANA KIEVIT)

Information for Members

Directory of RTA Board and Clubs	5
Levels of Difficulty and Responsibilities	7
Members Corner	7
Member Services/Badge Requests	8
Membership Application/Order Form	13

Association News

Lost Trail	2
Changes to the Board of Directors	3
Highlights of January Meeting	3

50th Anniversary Planning

Club Activities

Central Club	9
Kingston Club	16
Ottawa Club	19
Friends of the Cataraqui Trail	7
Donations	11
Introduction to Hiking Course	12
Mapping the Rideau Trail	14
New Members	15

Audrey Sanger

A First-Timer's View

Thank you to our advertisers

OK Cycle & Adventure Tours	2
Blaq Bear Eco Adventure Routes	4
Skyline Hikers - Canadian Rockies	8
Calabogie Peaks	14
Comfortable Hiking Holidays	15
Brown Rabbit Cabins	18
The Cove Country Inn	23