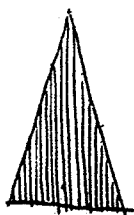


SIMPSON



the rideau trail newsletter

published quarterly by
the Rideau Trail Association

No. 1

summer
1971



The idea of a hiking trail between Kingston and Ottawa is not a new one. Several government reports recommend such a trail and I'm sure the idea must have occurred to a number of people, particularly in view of the fact that the Bruce Trail was so highly successful. Nevertheless, when Doug Knapp first broached the subject of a hiking trail at the February meeting of the Kingston Field Naturalists, a number of people became enthused and felt that perhaps the time was ripe to establish one. The upshot of Doug's initiative was the establishment of the Rideau Trail Committee. The Committee predicted that with the expanding interest in the outdoors it would get a positive response from the people of Eastern Ontario. It felt that there was still considerable public and undeveloped land in the Rideau corridor, and that governmental agencies would be sympathetic to their ideas.

Their predictions were amply justified by subsequent events, but there was one event which could not have been foreseen at that time. This was the establishment of the Federal Government's Youth Opportunities Program which has provided salaries for 28 students to construct the hiking trail. Under the leadership of Doug James, a fourth year law student at Queen's, this student work force is co-operating closely with the various routes committees of the Rideau Trail Association. At the time of writing, about seventy miles of trail have been explored, cleared and marked with our distinctive orange triangle. The students are currently in four groups and are camping out along the trail.

Well, this is an extremely brief view of what has happened so far, but I would like to say something about what I foresee for the future. What sort of a trail will we have and who will use it? As many of you know, we do not plan a single route, but a series of interconnecting trails, somewhat like the Ho Chi Minh trail. One particular feature which I feel will enhance the Rideau Trail is the development of side loops which allow the day hiker to finish at the same place as he starts. These trails will have pale blue triangles as their markers.

Our aim is to try to complete a backbone trail this summer. It may not be the best of all possible trails, but at least

we will have something to improve on. I personally hope that each year we commit ourselves to build new sections of trail or side loops. The trail, of course, invariably reflects the country which it traverses. Through the shield country near Frontenac Park it is rough walking as it alternates between the high knolls and the swampy hollows; near Ottawa it winds lazily along the banks of the Jock River; occasionally it follows the little used township roads or the abandoned logging and mining roads and between Perth and Smith Falls it follows in places the old tow path.

The users will in turn reflect the type of trail. Only a minority will walk from end to end. (I wonder who will be the first?). The others will take an afternoon stroll or an overnight hike. We hope that the Rideau hikers will be local people and visitors from afar. Some will come by boat up the Rideau Waterway and take a day away from the boat following our orange triangles.

Although the trail will be open to all, it is only members of the Rideau Trail Association who will be given specific instructions on the location of the trail. It is hoped that all users will respect the trail, help with its maintenance, pick up garbage, your own and others, clear if necessary and be most careful not to create a fire hazard. We recommend that users carry a small alcohol stove which will satisfy all their cooking needs. Only in specified areas will open fires be permitted.

There are several things for the future-- an official guidebook for the Rideau Trail; (Have we any member who would like to assist with this?) we have to establish more trail clubs who will be responsible for the maintenance of sections of the trail; and finally, we need more members. Only through the help, financial and otherwise, of an active membership can the Rideau Trail become a reality. Give us all the help you can.

Fred Cooke

President, Trail Association

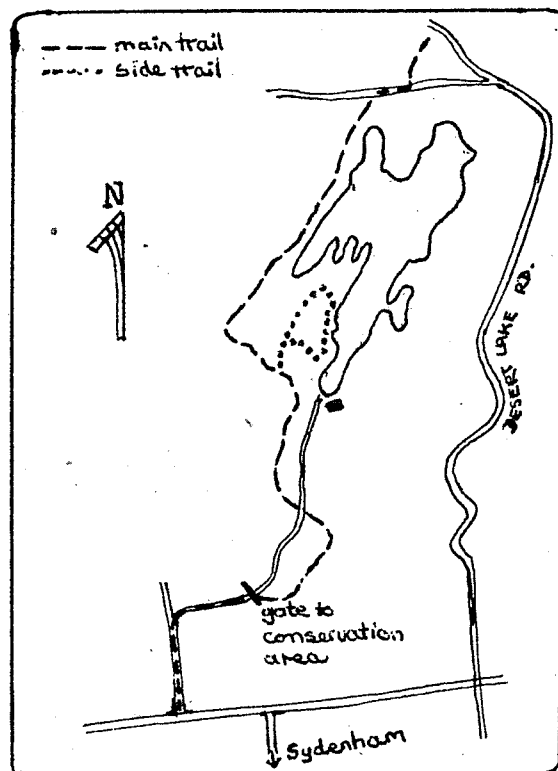
GOULD LAKE

geology etc. etc.

The Gould Lake sanctuary is located within the southern limits of the Precambrian Shield in rocks typical of the Grenville structural province of southeastern Ontario. For the most part these rocks are Precambrian plutonic intrusives, but sedimentary and metamorphic rocks do occur to the south and east of Gould Lake.

In the immediate vicinity of Gould Lake, plutonics of granite gneisses, migmatites, and granite pegmatites are the dominant rock types. The granite gneisses present a distinctly bedded or banded appearance, generally pink or red in colour, but occasionally light grey to white. Dark minerals such as hornblende and pyroxene are usually absent. Intermixing of gneiss and red granite produces a rock type known as migmatite, poorly foliated, and limited in composition to two or three minerals- quartz, oligoclase, and potash feldspar. Very coarsely crystalline rocks similar to the above in colour and composition are referred to as granite pegmatites. Granite pegmatites are common throughout the Gould Lake area, and frequently contain large coarse crystals of such minerals as mica, apatite, sphene, and corundum. Occasionally these minerals occur in economic abundance and many small mines were developed around Gould Lake, worked for a short time, and then abandoned as the supply of large mineral crystals was exhausted. Ten such abandoned mines occur around the perimeter of Gould Lake, seven in mica, three in apatite, and one in a graphite occurrence. Although these small mines are no longer economic, sufficient smaller crystals of exotic minerals remain to be of interest to the amateur mineral collector.

SKETCH MAP OF GOULD LAKE CONSERVATION AREA



MAMMALS + Snakes

dening used

The Gould Lake Conservation Area has a good variety of mammals, although one has to be very stealthy in order to see some of them. Chipmunks, squirrels, porcupines, groundhogs, and rabbits are a few of the small animals most commonly seen. There are also mink, beaver, weasels, and raccoons - but these mammals are seldom seen, although their tracks are often present. Foxes are also found in this locality, but since the present rabbit population is very low, they are not as numerous as they should be in a few

years. There have been brush wolves in the area during the winter, but perhaps due to their being hunted, they have moved on. There are very few deer, if any, in this area because the food that they like to eat is not plentiful, nor is the tree cover suitable for a wintering area.

Remember that animals are to be seen and enjoyed, not destroyed.

This part of Ontario has many of the fifteen species of snakes found in the province. None of the local snakes are

poisonous. However, snakes will probably strike and bite if molested (an application of antiseptic will prevent infection.)

If you have never handled a snake before, try to catch a small garter snake to see how it feels. Grasp the snake behind the head to catch it. It is not necessary to squeeze the neck with any force.

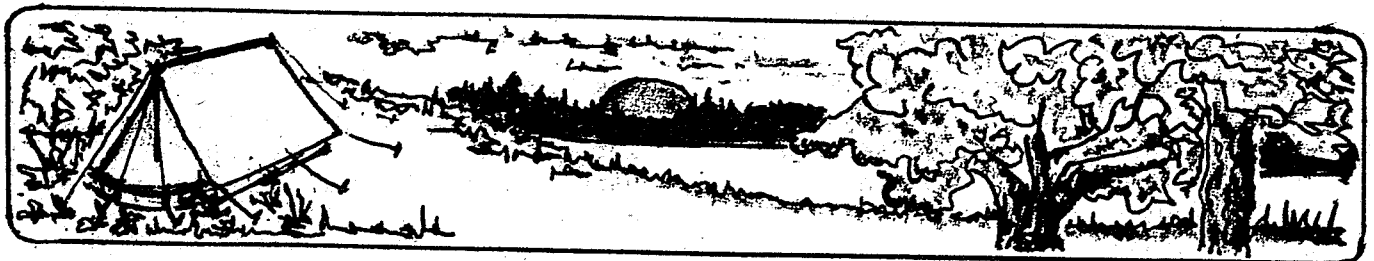
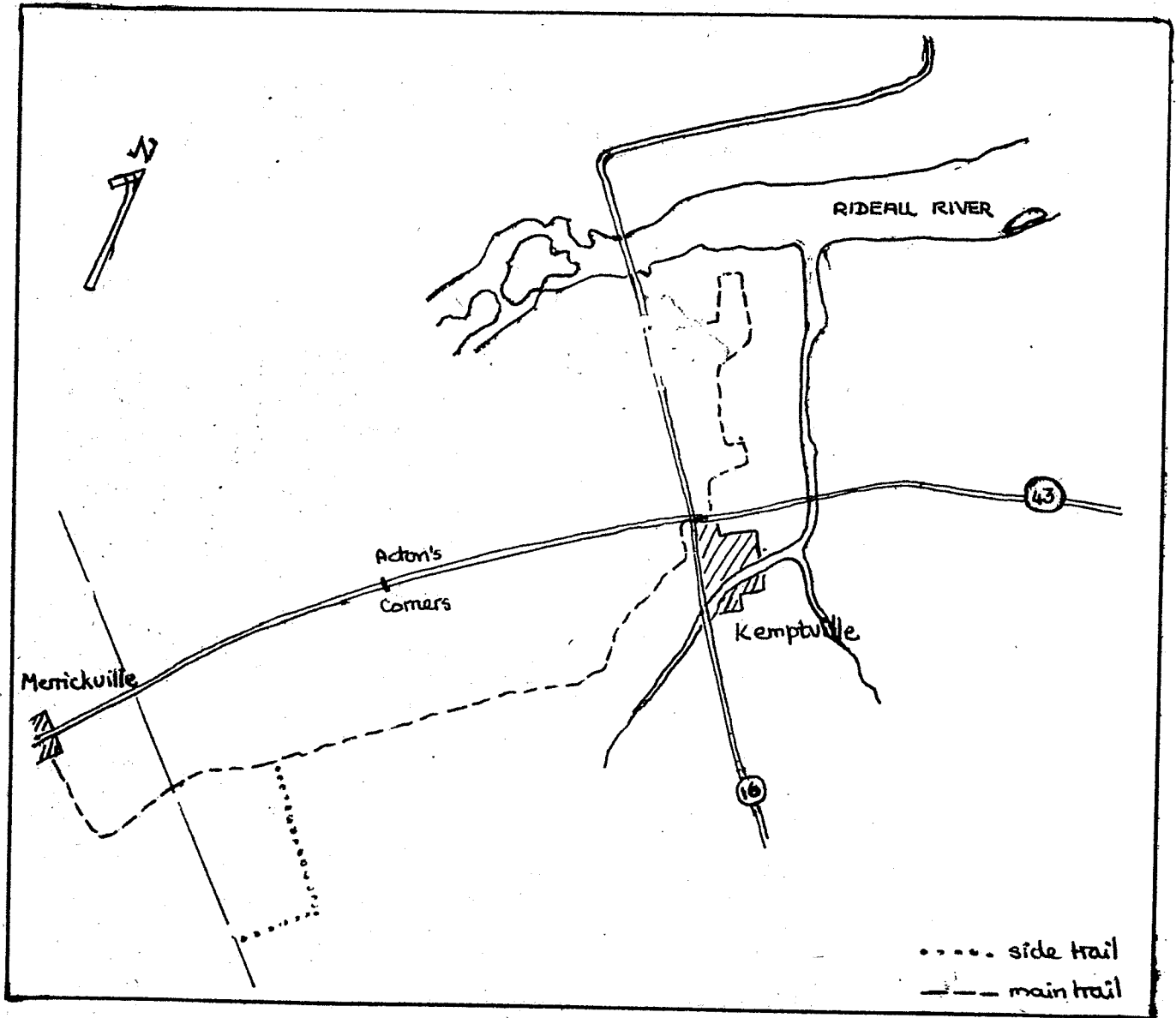
Snakes are best observed in their native habitat - do not take them home.

SNAKES TO BE FOUND AT GOULD LAKE

type	size	colour	habitat	feed.
Black Rat Snake.	→ 8'	not necessarily solid black; whitish belly	open woodland, scrub + uplands	mice and rats.
Eastern Milk Snake.	→ 3½', slender	pale to medium grey or brown, or cream - black-outlined blotches, saddle-shaped on back, roundish alternate ones on sides.	light woods, fields and rural gardens	mice.
Eastern Garter Snake	30"→40"	black or brown, 3 yellow/orange stripes	brush piles, brush, thickets	worms, frogs, minnows, mice.
Eastern Ribbon Snake	→ 2', slender.	similar to Garter, but with clean cut, vivid stripes	damp places, stakes to water if unpursued	frogs, salamanders
Northern Water Snake	→ 30"	brown	in, or near water	frogs, toads, fish.
Eastern Smooth Snake	→ 18"	satiny green, white/yellowish belly	grassy areas, open woods	insects, grubs, worms.
Red-Bellied Snake	→ 12"	light → dark brown belly; bright red or orange	woods, farms, clearings + gardens	slugs, worms + beetle larvae.

6

SKETCH MAP OF THE TRAIL FROM KEMPTVILLE TO MERRICKVILLE



Do You Know the Signs?

orange $\triangle$ main trail

blue $\triangle$ side trail
The Triangles themselves
indicate direction, with
upright meaning straight
ahead, and $\triangleleft$ = left, and
 $\triangleright$ = right.



Our thanks to Stelco,
International Prints Ltd,
Mr Cliff Browne of the
McLaughlin Hall metal shop,
and McLaughlin Lumber,
for their help in the
construction of markers
and stiles.

At the Inaugural Meeting
of the Smith's Falls Rideau
Trail Club on June 1,
Col. Duncan Douglas was
elected chairman of the club.

THE EXECUTIVE

President Fred Cooke
Kingston V.P. Guy Thorne
Ottawa V.P. Rolly Hamilton
Smith's Falls V.P. Gordon Higginson
Secretary Anne Hutchinson
Treasurer Doug Knapp

Committee Chairmen

Finance & Legal Joe DEwhurst
Ottawa, Routes Ray Billingham
Kingston, Routes Dick Henriksen
OTTAWA, Publicity Bill Holland
Kingston, Publicity Dolf Harmsen
Design Alden Strong



After a conversation with George Stinson on the Rideau Trail

Where the gnarl of a root
resembles a face,
down near the heart
of the tongue that can taste
of the place where we're born;
there the soft meadow maple
receives from the earth
and as if after prayers
unfolds to the sky.

The fine fertile forest,
the green strength of rain;
surveyed, cradled and touched
by green cupped hands
of kindness and pain.

Oh great meadow maple
of meadowlark song.
Oh sentinel spirit
of darkness and dawn.
who receives to give;
suffers to expiate,
shelters the bones,
blood, songs, and
orchestra of the wind.

Oh wind
were you a wise man
to a swaddling clothed babe.
Oh sun
were you a star to the blind
Oh rain
were you the cursed-blessed joy
that washed the maple cross
of a winner's valuation.

Oh spreading house of Eden,
nest of my father, son and spirit face,
sky to the smallest fairy flower
beneath the sky of space;

Let me wear the wind in my hair.
Let me follow the dew
through my maple red veins.
Let me draw from your earth,
offer to your sky,
be the body to the clay
that holds your rainbow promise head
so high and full in fall,
suffer your winter white weight,
be born by your buds,
die by your green cupped wine filled
hands.

Oh great meadow maple
receiving from the earth,
unfolding to the sky
where there is no green
but an ocean is blue
as though
the sun shone on below
the clouds on the waves
and stars of darkness are held
by the night's swaddling gown.
Let my body be
the song in your leaves
that I might kiss your hands
and rest upon
your gnarled and scraggy knees.

By Dick Greeze.

Inaugural Walk at Gould Lake
July 10th, 1971

Blue skies and a lovely summer day greeted Association members who assembled at the entrance to the Gould Lake Conservation Area on Saturday, July 10th at 9a.m. This was the Kingston area Inaugural Walk, and several out-of-the-area members came along to enjoy the morning.

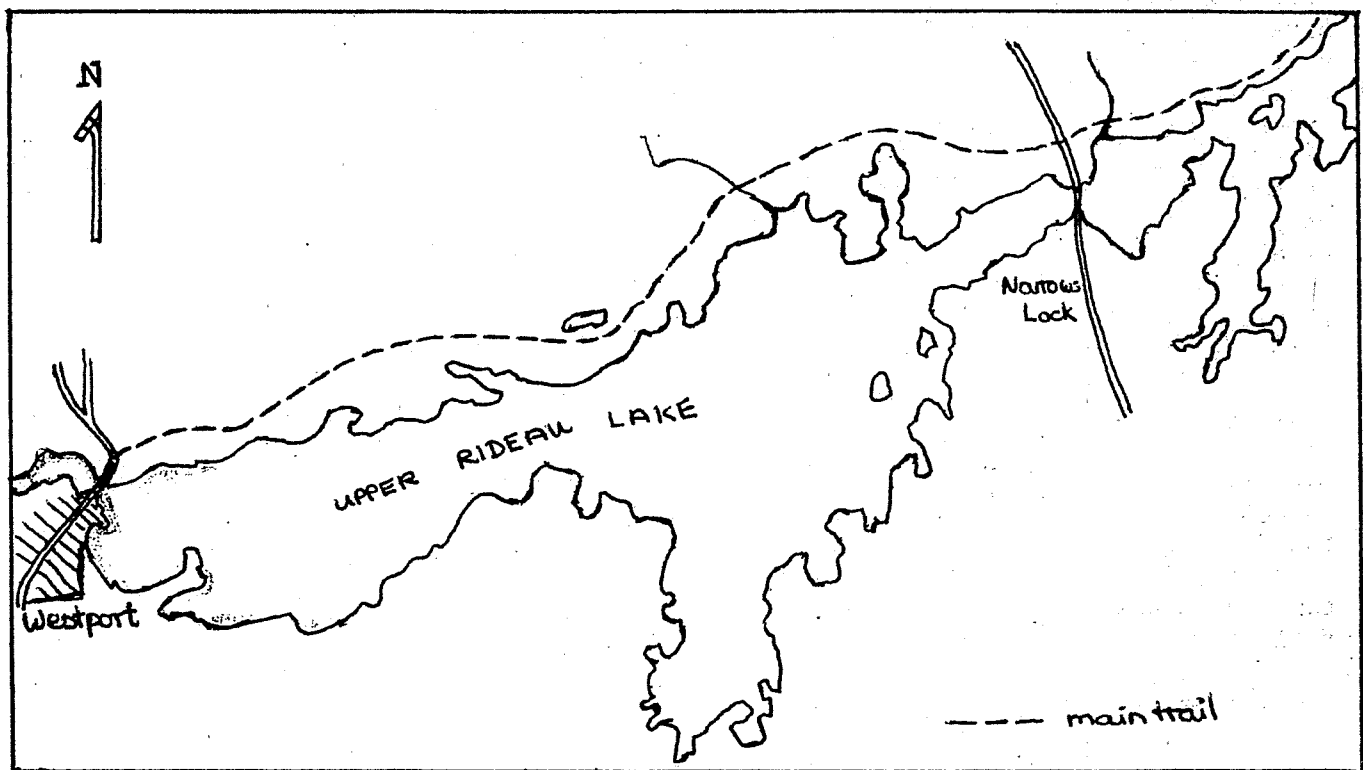
This Gould Lake section is truly lovely, and something had been planned for every degree of skill and stamina, with 3, 5 and 12 mile loops, guided by some of the students who are spending their summer working on the Rideau Trail.



Fred Cooke estimates that over 100 miles of trail are now complete and that makes about half of the backbone of the route. This includes work done in Ottawa, Smith Falls and Kingston.

The Inaugural Hike was a great success, with everyone enjoying the hiking immensely, and it seems a bit incredible that the dream of a Rideau Trail has become reality so quickly. Lots of work has been necessary, and members, there's lots more to do - but not much time has passed since the Rideau Trail was just talk. Those present at Gould Lake for the Inaugural Walk can testify that the idea was a good one, and the reality is even better.

MAP SHOWING COMPLETED SECTION OF THE TRAIL, FROM WESTPORT TOWARDS PERTH



Ottawa section

Progress Report

The Ottawa Branch of the Association was given the responsibility of establishing that section of trail between Ottawa and some arbitrary point west of Merrickville, where it will join that of the Smith's Falls branch.

When the Student Work Force began their operations in late May they set up camp in the Rideau River Provincial Park and using this as their base, began to establish the section of trail to Merrickville. On May 27th the trail was permanently marked through the Howard Ferguson Station, north of Kemptville. June 10th, a trail campsite was established in the Limerick Forest area, east of Merrickville, and on June 18th the trail was permanently marked from Kemptville to the Oxford/Wolford Township boundary.

During this time the Routes Committee was negotiating for access to land in the Richmond/ Bell's Corners section. Late in June the Work Force moved camp to a point near the Jock River, just north of Twin Elms, to commence operations in this area. Work progressed rapidly and on June 23rd the trail was permanently marked from the campsite (Misses L. and A. Mann's property) to Mr. Dale Harvey's property along the Jock River. Concurrently with this, the trail through the Ottawa/ Carleton Conservation Authority property was also begun.

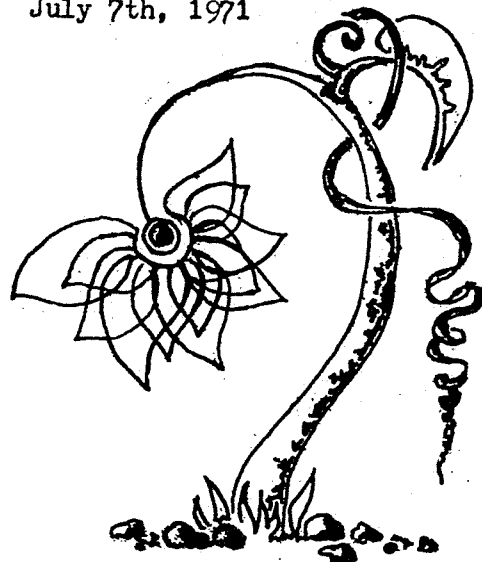
On June 27th the Work Force again moved camp to a Boy Scout Association property, close to the Ottawa/ Carleton Conservation area. During the period June 29th to July 1st two sections of trail were marked in Goulbourn Township; the trail was also marked on some lands and Forests property in Marlborough Township, and the spur trail to the Limerick Forest campsites was marked. Also the Jock River section

was extended to the Richmond Road (Mr. J. Fraser Campbell's property).

July 5th the trail was marked from Richmond Landing (which is a trail terminus) along the Ottawa River Parkway to link up with the trail entering the Ottawa/ Carleton conservation area.

Approximately 44 miles of trail have been permanently marked to date in the Ottawa section, and while these are not 44 continuous miles, the breaks in the continuity are not large. A few miles of trail, presently being negotiated, and two bridges to be constructed would result in about 23 miles of continuous trail from the trail terminus. The progress made in establishing this section of trail is mainly due to the wonderful reception that the trail concept has received from landowners and the co-operation that has been received from the many government agencies whose help we have sought.

R. Billingham
Chairman, Routes and Negotiating Committee (Ottawa)
July 7th, 1971



from Rideau Provincial Park to Merrickville

Leaving the Provincial Park main entrance, turn left and proceed along Highway 16 over the Rideau River to the southern edge of the Rideau Glen Golf Course. Here a marker will show the trail heading east, then north, around the edge of the golf course where it swings south through Howard Ferguson Forest Station.

This forest is operated by the Department of Lands and Forests. It contains a network of hiking trails and is home for many species of birds.

It is bounded on the east by Kemptville Creek which was once navigable into the centre of Kemptville. Even before the official opening of the Rideau Canal there were regular sailings from Bytown to Kemptville. The station is named after G. H. Ferguson, a former premier of Ontario.

The trail leaves the Forest Station via the Nursery onto Highway 43. Here you must turn right and go as far as Highway 16, where you turn left and go down Rideau Street North into Kemptville.

Kemptville was originally named Clothiers Mill after one Lyman Clothier who settled in this area circa 1813 when he established a sawmill and gristmill. The land purchase is said to have cost him a yoke of oxen and a flint-lock musket. The intersection of Clothier and Rideau St. North is where Lyman Clothier and his sons' house once stood.

To continue on the trail, leave Kemptville by Clothier St. West and

proceed for $1\frac{1}{2}$ miles, passing the Holy Cross School on the right and the Oxford Private Hospital on the left. Here a marker will indicate that the trail turns right along concession road III and continues thus for $6\frac{3}{4}$ miles where a division of trails occurs.

On this $6\frac{3}{4}$ mile section the trail-user will pass by Deek's Quarry which was used in early railroad construction to provide crushed stone for railroad beds.

At the division of trails, the main trail to Merrickville continues ahead, but a blue marker will also show a spur trail heading south to the Limerick Forest.

This forest is a development by Leeds and Grenville Counties in co-operation with the Department of Lands and Forests. The total acreage of the Limerick Forest is about 8,400 and the section used by the trail is but one small part, the bulk of the land being located near Bishop's Mills. There are toilet facilities, drinking water, picnic tables and campsites for trail users in this area and a very extensive sphagnum peat bog for those with time for an interesting diversion.

Continuing along the main trail for another $4\frac{1}{2}$ miles will bring the walker to Merrickville, having walked a total of about 17 miles.

Birds

Birds to be found near Gould Lake are much the same as for others of the Rideau Lakes. A pair or more of Loons is to be found on nearly every lake. Their voices echoing across the water are one of the typical sounds of this wilderness country. Ducks are not plentiful in these waters on the Canadian Shield but occasionally a Mallard with a family is found in a secluded bay. Woodduck look for hollow trees in which to lay their eggs and small Hooded Mergansers display their dainty colours. Turkey Vultures soar overhead and Broad-winged and Red-shouldered Hawks find nesting places in the larger trees of the woods. Barred Owls have nested at Gould Lake but could only be heard by the late hiker who, in the dusk or just before dawn, would also hear the ubiquitous Whip-poor-will.

In the woods listen for the monotonous oft-repeated calls of the Red-eyed Vireo. There are also in the treetops are to be found scarlet Tanagers, Rose-breasted Grosbeaks, Great Crested Flycatchers, the plaintive Pewee and Baltimore Orioles. From near the forest floor the calls of Ovenbird and Northern Waterthrush mingle with the flute-like notes of the Wood Thrush. Getting their living from the trunks of trees are White-breasted and, more rarely, Red-breasted Nuthatches, Downy and Hairy Woodpeckers and the king of the forest birds, the Pileated Woodpecker.

Near swamp and water edges watch for Tree Swallows, Black Terns, Red-winged Blackbirds, Common Grackles, Yellowthroats and even a Bluebird if there are dead stubs about. In brushy clearings be on the lookout for Indigo Buntings, Rufous-sided Towhees and Field Sparrows. An Osprey seen diving with a fish to its nest would make our day. These are but a sample of the birds to be found near Gould Lake.

By Helen Quilliam, author of
A History of Birds of the Kingston
Area

Botany

To anyone interested in botany the south end of Gould Lake offers rich fare indeed. A brief survey made in July of 1967 resulted in the identification of one hundred and eighty nine species of vascular plants.

This large number is due to the great diversity of habitat (woodland, abandoned farm land, shoreline, wet meadows, marsh, dry rocky ridges etc.) and to the fact that much of the land was at one time under cultivation. When this was discontinued, the "weeds" moved in. Sedges and grasses also invaded the fields and meadows. Meadow Sweet (Spiraea alba) and Sumac (Rhus typhina) increased rapidly. Nine species of grasses, sixteen of sedges and nine of ferns now grow in the vicinity.

There are many species of trees to be found there including Hemlock, White Cedar, Juniper and such hardwoods as Poplar, Hickory, Butternut, Birch, Ironwood, Elm, Sugar Maple and Basswood.

The shrubs include Sweet Gale (Myrica gale), Alder (Alnus rugosa), Hazel (Corylus cornuta), Maple Leaved Viburnum (Viburnum acerifolium), and Nannyberry (Viburnum lentago). There are also several species of Willow.

The aquatic plants are particularly numerous including both of the Wolffia species found in this part of Ontario.

The previously cultivated land and the ground around the old barn have some twenty five species of what are commonly called "weeds" with the wooded areas and the more open fields all containing a great variety of spring, summer and fall blooming plants.

No matter at what time of year one wishes to check on the plant life of Gould Lake it will prove to be both interesting and rewarding.

By A. E. Garwood

on trail cutting: clean/ says her bit

One of the first questions I am generally asked on confiding to my friends that I have this marvellous out-door, sun baked, (mosquito-bitten!) summer job, is "What do you actually have to do?" And it sounds such a simple matter when I reply that first we walk the trail and find our favorite route through each piece of country, that then we flag it with temporary markers (usually pieces of ribbon or torn-up sheets dyed red, but on occasion the bottom two-thirds of someone's jeans, pirated due to unforeseen circumstances), and that finally we clear it and put up our beautiful slow-moving orange triangles.

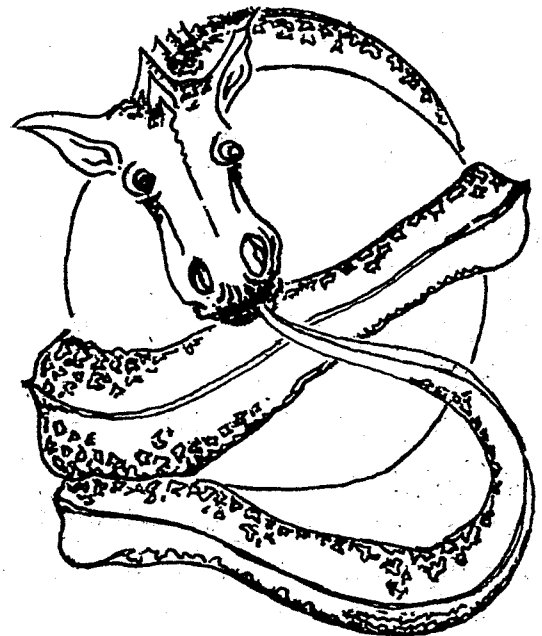
And I always feel inclined to add that somehow, it doesn't seem quite so simple with a machete in one hand and two miles of cedars still to go, or on top of a cliff with the most fantastic view of endless ridges of trees and blue, blue sky, but with no hint of how to get past the swamp at its base - a swamp that seems to stretch for miles, that might almost divide the earth, as it circles back again and swallows its tail.

And then there are the times when it seems absolutely perfect - when you have discovered the most glorious sandy track through six long, rolling fields of waist-high grass (so tangled with wild-flowers that it seems to be one huge wind-blown tapestry), a track that would be perfect for the trail; and then to your disgust you find you've come one swamp too far down, and are at least two miles further south than you should be. But there is always the consolation that if you hadn't come past the second swamp you'd never have found the heron colony, with its strange timelessness, and the almost overwhelming certainty that huge prehistoric reptiles must share its sanctuary, and come surging out of the water into the mechanical screams and clatter of the herons.

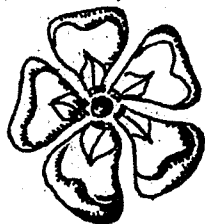
And despite the mistakes, that is my favorite time - the exploring of the country as we try for a route. Then

the sweat and the insect-agony of the actual clearing are forgotten, and the markers are so remote that the hammering and the long stream of sun poured down

onto your head and into the hot throb of one battered thumbnail seem positively unreal. In some strange way, the memory of each day of exploration seems to swell in my mind and be there. So that even when we're clearing, when I'm quite certain that with one more deer fly bite I'm going to scream so hard that the sky cracks in, there is Suddenly the knowledge that one field over is the most beautiful patch of wild strawberries and the shade of a broad maple, or that after two more rocky spaces and the trees between them is the cliff, with its perfect bay of clear green swimming-water and the three white circles of the spawning beds. And suddenly the beginnings and the end coalesce, so that our first walkings and the final trail are one and the same thing, and there is left only the knowledge of its completeness.

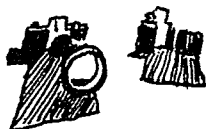
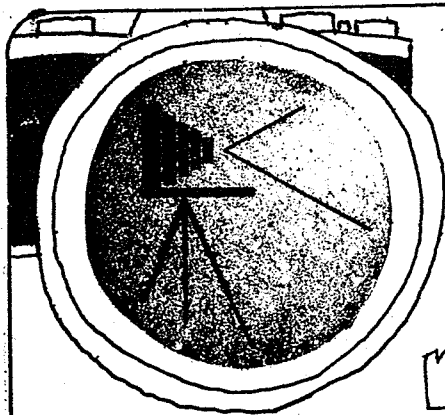


This space, or something akin to it, will be reserved in each issue for notices of meetings or any other events and news of interest. If you have any contributions, please send them to:
The Rideau Trail Newsletter,
9 Grenville Rd., Kingston, Ont.



Sincere thanks go from the Association to the following landowners who have helped to make our Rideau Trail possible, by sharing parts of their property with us. We will continue to show our appreciation in the years ahead, by our consideration and good manners on the Trail.....

Mr. Dzalay	the Misses A & L Mann
Ron Banker	Mr. R. Martin
Mr. & Mrs. Bonwill	Mr. M. McNamee
R. Bronkhorst	Hugh Marcell
Mr. J. Fraser Campbell	Mr & Mrs R. Mowat
Michael Freeman	Mr. O'Donnell
Mr. J.O. Haerkens	Mr. W. Pettit
Mr & Mrs D. Harvey	Mrs Mildred Raymond
Mr. & Mrs J. Harvey.	Rock Lake Assoc.
Mr. & Mrs Emerson Hodgins	(Mr. Martinke)
Mr. George Hughson	William Rothwell
Mr. Keith Keller	Mr. R. Rowsell
Mr. & Mrs M. MacVicar	E. H. Sanford
Mr & Mrs R. MacVicar	Mr. & Mrs. John R. Scott
Mr. & Mrs J.N. Yousignant	
Mr. & Mrs Merrill Willson.	



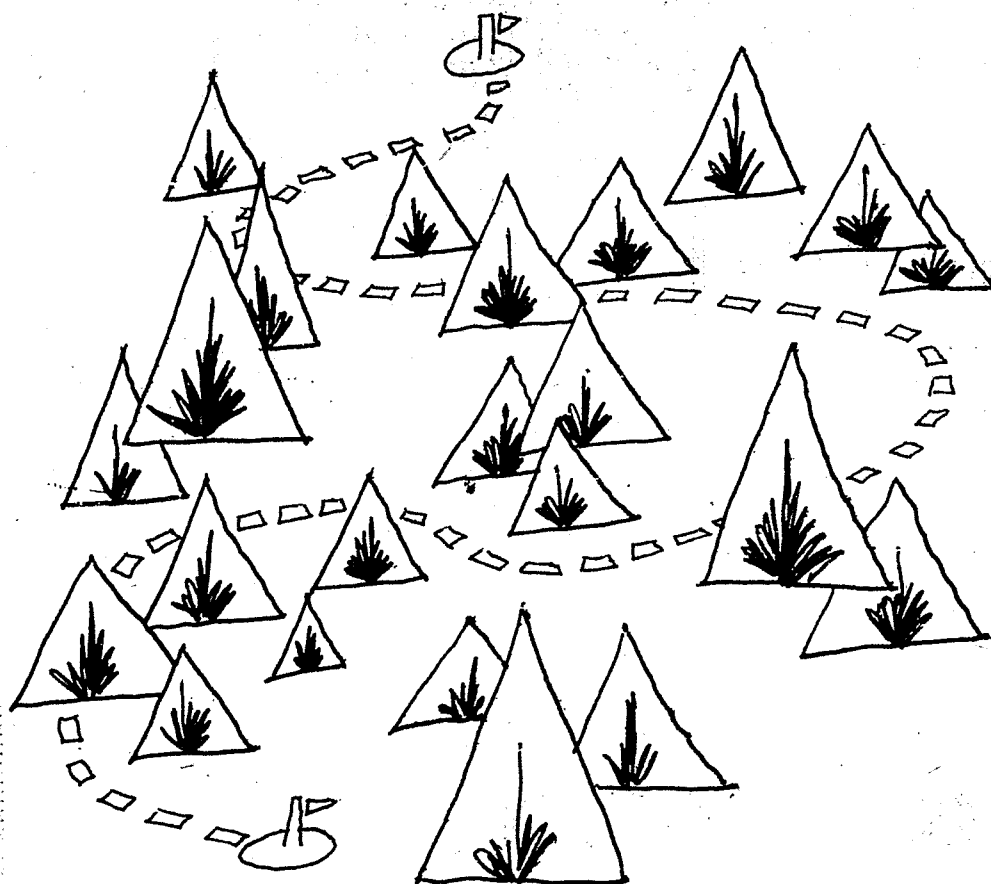
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MAPS

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Mr. Fitzpatrick of Kingston's Pickwick Bookshop suggests:

Rideau Waterway, by Robert Legget. U. of T. Press. \$2.50.

How To Stay Alive In the Woods, by B. Angier. Collier. \$.95c.

The Sierra Club, Wilderness Handbook, ed. David Brower. Sierra Club Books. \$.95c.

Stalking The Wild Asparagus

Stalking The Healthful Herbs, both by E. Gibbons. Mackay Publishers. \$3.50 each.

Birds Of North America, by Zim. Golden Press. \$4.50.

Golden Nature Guides, by Zim. Golden Press. @ \$1.50 each.

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COMPLIMENTS OF



SIMPSON'S SEARS

Members are needed for further developments! We sent you two copies of this newsletter on purpose - please pass your extra copy on to someone you consider a good prospect for membership. If you don't belong -- we hope to have you with us!

Students (school or college)	\$2.00
Adult membership	\$4.00
Family membership	\$6.00

Please fill in the section below and send it with the appropriate fee to: The Rideau Trail Association,
 9, Grenville Road, Kingston, Ontario.

NAME.....MEMBER
 ADDRESS.....

