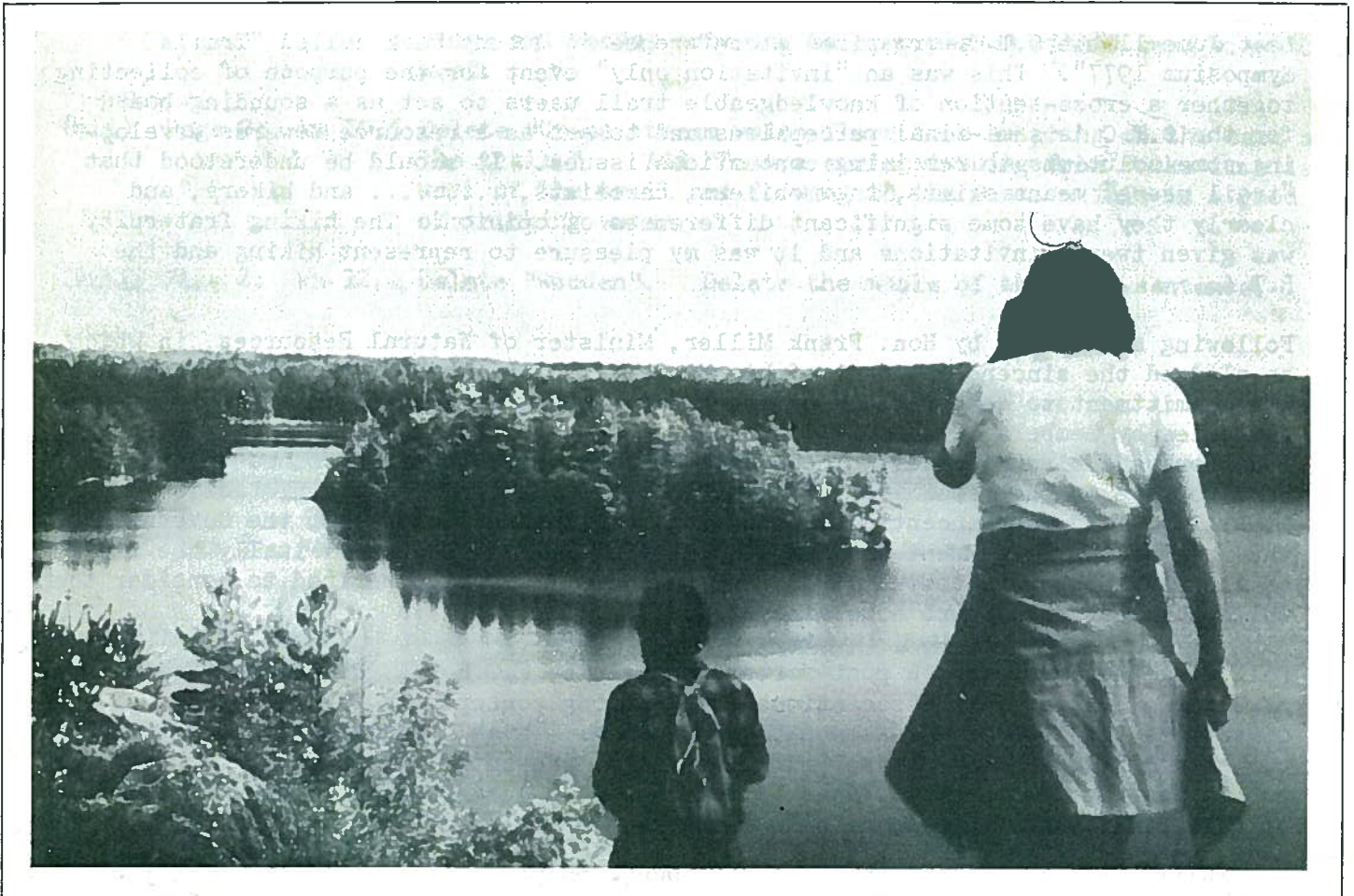




The Rideau Trail NEWSLETTER

*Published by the Rideau Trail Association
Printed on recycled paper
Issue No. 25*

FALL 1977



OVERLOOKING SLIDE LAKE

— CHRIS PEPPLER

This issue of the Rideau Trail Newsletter was edited by Chris Peppler for the Kingston Rideau Trail Club (with special thanks to the Frontenac County Library).

The next issue (No. 26) will be published by the Ottawa Rideau Trail Club and edited by Jane Arnott, 17 Lorne Ave., Ottawa, Ontario, K1R 7G6. Your letters, articles or advertisements (in the new "Trail Equipment for Sale" column) are welcome but must be received by the editor no later than November 1st, 1977.

THE ONTARIO TRAILS COUNCIL

In 1975 the Ontario Government appointed a committee of seventeen people, representing all of the recognized trail activities, to form the Ontario Trails Council (O.T.C.). Its mandate was to solicit information and opinions about the needs and concerns of trail users and to develop recommendations for the guidance of the Provincial Government in its formulation of policy for trails. This Council has now concluded its brief existence of a year and a half and presented its final report to the Minister of Natural Resources on September 1, 1977. The ball is now in the Hon. Frank Miller's park. It will be interesting (and perhaps exciting) to see what he will do with it.

The Rideau Trail Association is responsible for four briefs presented to the O.T.C. Two were presented on behalf of the R.T.A. (May 31/77, Kingston, and July 5/77, Owen Sound), and the Ottawa Rideau Trail Club and the Kingston Rideau Trail Club each submitted one (October, 1976, and May, 1977, respectively).

Last June 11 the O.T.C. organized a conference at Queens Park called "Trails Symposium 1977". This was an "invitation only" event for the purpose of collecting together a cross-section of knowledgeable trail users to act as a sounding-board for the O.T.C.'s semi-final perceptions and to act as a resource towards developing some solutions to remaining contentious issues. It should be understood that "trail users" means skiers, snowmobilers, canoeists, and hikers, and clearly they have some significant differences of opinion! The hiking fraternity was given twenty invitations and it was my pleasure to represent hiking and the R.T.A.

Following an address by Hon. Frank Miller, Minister of Natural Resources, in which he pledged the sincere interest of his Ministry to the work of the O.T.C. and gave his commitment to act promptly on its final report, we were given a series of summaries by members of the O.T.C. on the concerns of trail users in different locations and circumstances. These were followed by workshop sessions to try to resolve some of the remaining points of conflict related to trail protection, liability, landowner incentives, education, continuing liaison with the Government, the role of the Government and compatibility of different uses. Finally the views of the workshops were communicated back to the O.T.C. which retired to consider them while the rest of us went home exhausted.

Following the Symposium, a post-mortem was held by F.O.H.T.A. directors (Federation of Ontario Hiking Trail Associations), and strong concern was felt about two of the directions that the O.T.C. seemed to be heading. These stimulated the creation of our second R.T.A. brief to the O.T.C. which was presented on our behalf at the final public meeting of the O.T.C. held in Owen Sound on July 5, 1977. The full text of this final submission is reproduced here.

Doug. Knapp

A BRIEF TO THE ONTARIO TRAILS COUNCIL

At the Ontario Trails Symposium held at Queens Park on June 11, 1977, an excellent summary of views and probable proposals by the Trails Council was presented and we compliment the O.T.C. on the enormous task which they have accomplished so competently.

There are two significant concerns, however, which we believe that the Council may not have adequately recognized. The first of these is the oft-mentioned question of financial support for trail activities. At the symposium, one gained a strong impression that no significant financial support was really wanted or needed. We wish to state most emphatically that this position is not that of hikers. In fact hiking trail users have almost invariably stated that their primary concern was for the protection and securing of trail routes.

In order to understand why the position of hikers should be so much at variance with other trail activities we must first understand the basic difference between why a hiker hikes and why a person with motorized transport participates in his activity. Basically most hikers are after an aesthetic experience. The quiet of the woods, fields or marshes, the subtle sounds of wildlife, the shades of colour on wildflowers and moss enhanced by filtered sunlight, the quiet reflection from a pond, or the happy sound of a brook - these are the things that make hiking worthwhile. The snowmobiler, four-wheel drive aficionado, or the motorcyclist certainly is not looking for these things. A track here or a track there - it doesn't really make much difference, as long as there is a piece of land to travel on and it offers some excitement. "Travelling" is the thing, not the aesthetic experience. Quietness doesn't exist for these activities, and natural beauty is certainly not high on the list of concerns.

The hiker's problem is basically one of scarcity. The experience he seeks is fairly rare in the urban south, and bound to become even rarer with each passing year. If a trail is blocked by development or any other reason, an alternative location of comparable aesthetic quality often does not exist. In fact, more often than not, the only alternative route is the road. Thus the protection of hiking trail routes in corridors of undeveloped, natural character is one of highest priority to all.

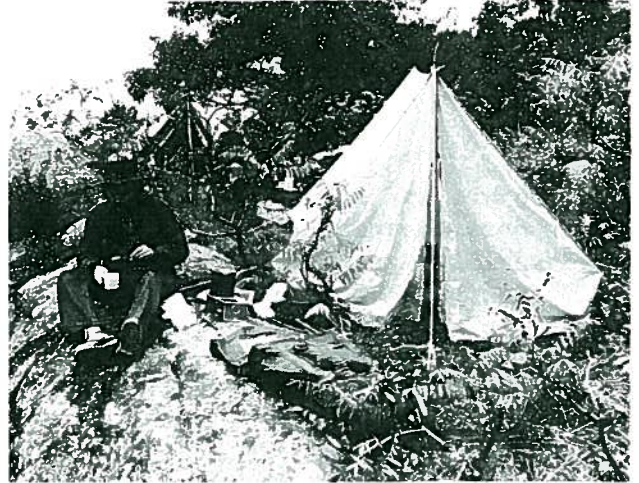
In concluding on this point, it might be noticed that the same concern is number one priority for the Appalachian Trail Conference. At the moment, about 1,300 miles of the 2,000 mile trail have been secured, and Federal agencies have committed themselves publicly to policies of extensive acquisition in the immediate future.

Our second concern, where again it was felt that the Trails Council was perhaps inadequately aware of the needs of hikers, concerned the question of trail compatibility. Consider a trail shared by an elephant and a rabbit. The elephant of course feels no concern and thus proclaims his perfect compatibility. The rabbit, on the other hand, undoubtedly feels a bit less comfortable as he dodges around the elephant's thudding feet. The hiker or cross-country skier is the rabbit, of course, and the elephant is a snowmobile or horse-back rider. We urge you to see the situation from the rabbit's point of view.

In closing, we would like to publicly thank the members of the O.T.C. for the very fine job that they have done and for their very valuable contribution to the trails programme of this Province. We are aware that each member of this Council has had his life disrupted in many ways through serving on the Council and we would like you all to know that your contributions of time, energy and talent have been greatly appreciated.

ONTARIO HIKING DAY - October 2, 1977

As a means of increasing public awareness of the benefits and pleasures of hiking, the Federation of Ontario Hiking Trail Associations (F.O.H.T.A.) is sponsoring the third annual ONTARIO HIKING DAY, this year to be on Sunday, October 2. All member Associations of F.O.H.T.A. will be organizing special hikes on this day and the R.T.A. has again planned a variety to meet every taste and time schedule. Plan now to get out on October 2 to enjoy the trail at its best, and while you are at it, why not introduce a few friends to the delights of the sport. See the list of trail club activities for hikes in your area.



FALL HIKE AROUND SLIDE LAKE

— NORMAN McLEOD

HIKING ACROSS FRONTENAC PARK

One of the best hiking experiences the Rideau Trail has to offer is undoubtedly the 21 km. (14 miles) across Frontenac Park. This is a perfect overnight hike for a weekend, but it does involve a small logistics problem - namely getting back to your car where you left it twenty road miles away. To solve this problem, the Kingston Rideau Trail Club has organized a car switch programme, whereby hikers starting from opposite sides of the park will meet and switch keys in the middle of the park. To take advantage of this, all you have to do is telephone Jane Knapp at 613-542-2039 two to three weeks ahead of time and inform her of your proposed hike. She will then give you the name and telephone number of someone else who has previously called, or she will keep your name on file for the next caller.

A BIT OF THOUGHTLESSNESS

On the east side of Frontenac Park where the Rideau Trail emerges from the Park, hikers regularly leave their cars in front of the Danby's - the house at the end of the road. This is quite agreeable, but there is a farm gate posted with a big sign asking that it not be blocked. For whatever reason, the sign is sometimes ignored and thoughtless hikers block Dr. Danby's access to his own laneway. We would ask that such requests be scrupulously respected. We cross private property only by the landowner's permission - a permission that naturally would be withdrawn if such situations recurred.

QUESTIONNAIRE TABULATIONS

Here are the results of your responses to the questionnaire regarding the Newsletter. In part 3, points have been assigned to each category as follows: 3 points for a high rating, 2 for a medium and 1 for a low. A committee of the Rideau Trail Executive will bring in recommendations based on your responses and the results should be reflected in future Newsletters. Thanks for your time and effort.

1. How much of the NEWSLETTER do you generally read?

All of it	92
More than three-quarters of it	54
Between one-half and three quarters of it	28
Between one-quarter and one-half of it	11
Less than one-quarter	-
None of it	-

2. Please rate the NEWSLETTER in each of the following categories (check one box).

	very good	good	fair	poor
Interest	85	94	6	-
Information	94	82	7	-
Usefulness	69	88	25	-
General quality	74	101	9	-

3. Please indicate a relative priority rating which you would give to inclusion of the following types of articles in the NEWSLETTER. Categorize each as HIGH, MEDIUM, or LOW.

	High	Medium	Low	Points
News of re-routing	152	31	2	520
Articles re: Selected points of interest along trail	139	41	6	505
Special facilities along trail	141	35	9	502
Environmental concerns (R.T.A.)	125	55	6	491
Environmental concerns (General)	108	62	13	461
Hiking and cross-country skiing technique	102	58	24	446
Nature articles	88	78	17	437
Volunteer assistance request	89	71	21	430
Hiking equipment	86	74	23	429
Canoeing in Rideau Area	87	68	30	427
Other trail systems	52	88	40	372
Recipes	58	73	46	366
Book Reviews	33	95	51	340
R.T.A. Board of Directors	38	84	54	336
Trail Club activities	38	85	52	336
President's Report	33	89	58	335
Treasurer's Report	29	80	83	330
F.O.H.T.A.	22	85	69	305
Poetry, artistry, etc.	21	74	86	296
Donations	16	51	108	258

APPALACHIAN TRAIL CONFERENCE

Everyone (well, almost) knows about the 2,050 mile Appalachian Trail which winds along the crests of the Appalachian Mountains from Maine to Georgia. This is the granddaddy of North American hiking trails, having been conceived in 1921 and completed in 1937. Today the governing body, the Appalachian Trail Conference (the A.T.C.) includes almost 10,000 members, several paid employees and full recognition as a national trail by the U.S. government. Every second year the A.T.C. holds a conference at a small college somewhere near the trail. This year on May 28 about 900 delegates showed up at Shepherdstown, West Virginia, and representation included a small contingent of twelve from Ontario. Fred and Ida Sainsbury and Ray Lowes represented the Bruce Trail Association, Robert Fanning represented the Guelph Trail Club, Ralph Wood represented the Voyageur Trail Association and Doug. Knapp and his family represented both the Rideau Trail Association and the Federation of Ontario Hiking Trail Associations. Our reception was warm and we were told repeatedly how they appreciated interest from Ontario.

Displays for the different clubs of the A.T.C. as well as outside organizations were set up around the reception centre and they included the Rideau Trail of course. Interest in the Rideau Trail Association was very high and the 32 flyers set out disappeared within two hours.

Keynote address was given by Robert L. Herbst, Assistant (Federal) Secretary for Fish, Wildlife and Parks. This forceful and aggressive speaker holds a position of considerable power and influence and he pledged to use this to support the preservation and enhancement of the Appalachian Trail. Among other things he vowed to support the A.T.C.'s recommendation of a 1,000 foot wide trail corridor in preference to the previously accepted 200 foot corridor. We in the R.T.A. should take particular note of this point. The question of what width of corridor a trail should have has come up before and certainly will again. In Kingston where the trail was threatened by impending development, the chief planning officer, in all seriousness, came up with a plan to preserve a 10 foot corridor through a dense urban development.

Apart from the usual business meeting, the other main formal part of the conference was the workshop sessions. A total of 30 workshops were provided, 10 at a time, so that delegates could select topics closest to their interests. The Knapp family managed to take in workshops on Fund Raising, Writing a Guidebook, Edible Plants, Hints and Kinks for Backpackers, and the Tuscarora Big Blue (a new 400 mile loop trail in Pennsylvania). Undoubtedly some of the ideas and knowledge picked up here will be of use to the R.T.A. sometime in the future.

During the evenings, a special address was followed by relaxing entertainment - "the Music of Appalachia" on Saturday and a square dance on Sunday. On Sunday morning and for four days following the formal end of the conference guided hikes were held in this beautiful and historic area. We relived John Brown's abortive raid on Harpers Ferry and much of the Civil War at Gettysburg, Antietam and Harpers Ferry. The beauty of the Shenandoah River, the Blue Ridge Mountains and the Luray Caverns won't be forgotten quickly.

A conference of this sort is quite an experience. Why not plan to attend the next one to be held in Maine in 1979. We'll see you there!

Doug. Knapp

KINGSTON RIDEAU TRAIL CLUB FALL ACTIVITIES

- Saturday
September 10 Gould Lake Hike with Ottawa Club (see Ottawa Club hikes listed in Summer Newsletter).
- Sunday
September 11 Sunday walks in the Little Cataraqui Creek area (between Bath Road and Princess Street). Each walk will start at 7 A.M. from the Extencicare parking lot off Bath Road and will last approximately 1 1/2 hours. The early hour has been selected to observe marsh activity at its peak along the walk. So get up early one Sunday (the dates are listed below) and explore with us this unique part of the Trail that is within the City limits. Organized by Skeets Travers. For further details contact Anne Henrikson (544-0465).
- Tuesday
September 13 A backpacking seminar with Prof. Bert Horwood will take place at 8 P.M. in the St. Lawrence College Amphitheatre. Bert Horwood is a native of the Ottawa Valley and a graduate of Queen's and the University of Toronto. A lifelong canoe tripper, Prof. Horwood will focus upon preparations for comfortable and pleasant overnight hikes. Especial interest for novices. Complete with a slide picture show. Organized by Frank Blacharczyk (389-4727).
- Saturday
September 17 Skycroft Hike. This ever popular area will again be the site of an afternoon fall hike. With luck there may be a sighting of turkey vultures in this scenic area. Meet at 12:30 P.M. at Loblaws, Kingston Shopping Centre. Those without transportation may be able to get a ride with other hikers. Organized by Bruce Smith (1-352-9917).
- Sunday
September 18 See September 11 above - same arrangements.
- Sunday
September 25 See September 11 above - same arrangements.
- Saturday
October 1
and
Sunday
October 2 ONTARIO HIKING DAY: Frontenac Park Hike. Here is one for you backpackers! Enjoy the wild beauty of 21.0 km. of Frontenac Park with hike leader Dennis Halsall, a man who has probably hiked this section more than anyone in the world. Meet at Sydenham High School parking lot at 9:30 A.M. Saturday, October 1 and board the bus for the western boundary of the Park. You will need lunch and dinner for Saturday, and breakfast and lunch for Sunday. The bus will meet the group again at 4:30 P.M. Sunday at the Park's eastern side and return everyone to their cars by 5:00 P.M. Cost of the bus will be \$1.00 per person. Let Dennis know if you plan to attend by calling him at 546-7158 no later than September 28th.
- Sunday
October 2 ONTARIO HIKING DAY: Gould Lake Hike. Some of the most scenic side trails in the Gould Lake area will be followed on this 6.1 km. (4 miles) leisurely hike. Meet at 10:30 at the north door of Simpsons-Sears, Kingston Shopping Centre, so that anyone without a car can get a lift, and bring a lunch to enjoy

beside the shore of beautiful Gould Lake. The pace will deliberately be relaxed and the hike will finish about 3:30 P.M. Hike leaders are Bill and Barb Pollack. Call them at 546-0123 if you have any questions.

- Sunday
October 2 ONTARIO HIKING DAY: Cataraqui Marsh Hike. Enjoy the fields, woods, and marshes along 5.5 km. of Rideau Trail from Elevator Bay to Highway 2 in Kingston. Intimate contact with the marshlands and wildlife of the Little Cataraqui Creek is provided by more than one-half km. of catwalk. Meet at trail's end, Elevator Bay at 1:30 P.M. The round trip of 11 km. (6.6 miles) is gentle and well maintained and should get you back to the starting point by 4:30 or 5:00 P.M. Hike leader is Cathy Cutts (542-5414).
- Sunday
October 9 See September 11 above: same arrangements
- Sunday
October 16 See September 11 above: same arrangements
- Sunday
October 16 Bullen Road to Elginburg Road (approximately 10 km. return). An afternoon hike in an area close to town and of interest to all hikers. A spring, man-made water channel cut through limestone, an old dam, an old stone foundation and limestone caves and sinkholes are some of the interesting aspects of this trail section. Meet at Loblaws, Kingston Shopping Centre at 1 P.M. Organized by Kathy Grant (work: 547-6165; home: 385-2702).
- Sunday
October 23 See September 11 above: same arrangements
- Saturday
October 29 Elginburg Road to Orser Road (approximately 18 km. return). This will be an all day hike but not difficult. Bring a lunch and meet at 9:00 A.M. at Loblaws, Kingston Shopping Centre. If you don't have transportation you may be able to get a lift. You will pass by a beaver dam, interesting limestone areas, a Rideau Trail campsite and a stream issuing from underground. Organized by Skeets Travers. Contact Anne Henrikson for details (544-0465).
- Sunday
October 30 See September 11 above: same arrangements. This is the last early Sunday morning hike of the series.
- Saturday
November 5 Murphy's Point. Enjoy a rugged, late-fall hike along the Rideau Trail in Murphy's Point Provincial Park, led by Harry McCoubrey. Meet at 10:00 A.M. at the office of Rideau Lake Park (a private campground on Rideau Lake, about km. 15.5 on map 8). From there a bus will transport hikers to the north end of Murphy's Point Park for the approximately 13 km. (8 mile) hike back to the cars. Don't forget to bring a lunch. The bus will cost \$1.00 for adults and 50¢ for children under sixteen. If you have any questions call Harry at 283-7276 (Smiths Falls).

Sunday
November 20

Ski Cabin - Slide Lake (all day hike). Here is your chance to find out exactly where this rustic cabin is. Located on the shore of beautiful Slide Lake, the cabin is an ideal spot to hike to, prepare a meal and/or spend the night. This hike will go around Slide Lake and you will enjoy some of the most beautiful scenery in this area. However, the going is rough in many places. Bring a lunch and wear good boots. Meet at Loblaws, Kingston Shopping Centre, 8:30 A.M. Those without transportation may be able to get a ride. Organized by Norm McLeod (546-9440).

Tuesday
November 29

Cross-country Ski Seminar. Again this year we sponsor this popular seminar which focuses upon the basics of cross-country skiing. Led by the staff of Finlays Sport Shop, the seminar will be held at St. Lawrence College, Amphitheatre at 8 P.M. Areas of the Rideau Trail suitable for cross-country skiing will be indicated also. Organized by Jack Watkins (389-4354).

THE TRAIL IN KINGSTON

Have you walked the trail in Kingston lately? If not, you are overlooking a truly enjoyable experience. From Elevator Bay on the shore of Lake Ontario the trail follows the Little Cataraqui Creek, often glimpsed only through woods or across marshes. The calls of redwings and larks fill the air as you stroll the gravel lane, over catwalks through the marsh, through scrub bush and enter the mature woods of Squaw Point. So far all of the land belongs to the people, held by the Cataraqui Region Conservation Authority.

Then we cross the Bath Road and enter an open field which soon gives way to a young woods reforested recently with Jack Pine. Opposite Sherwood Drive the trail veers sharply to the west entering the pine woods, which give way to marshlands a quarter of a mile later. By island hopping over one thousand feet of elevated catwalk we reach the Little Cataraqui Creek and after crossing it, enter scrub bush of white pine and cherry. Almost all of the land north of the Bath Road is privately owned, belonging to a company known as "Belcourt", Mr. A.B. Smith and Mr. John Smith (no relation), and it is for this area that the R.T.A. has often expressed its apprehension.

Wild and natural beauty such as we have here is rare within a city limits, and for this reason we must cherish and protect it. Many formal briefs have been presented to the City on your behalf by the R.T.A. urging the preservation of these areas. This can only be done by City purchase, a step our aldermen are naturally hesitant to take, but which we cannot afford to neglect. Go out and walk the area if you haven't done so before and you will undoubtedly agree. Then write to Mayor Keyes. Write to Aldermen Judith MacKenzie and Grant Timmins (representatives of this area) and tell them you care. They will respond, but they have got to know that this is what is really wanted and it's your job to tell them!

Doug. Knapp

BACKPACKING EQUIPMENT

One of the most delightful experiences we have is finding that a piece of equipment is perfect for the job. However, the most common experience is undoubtedly the discovery that the tent has bad condensation problems, the boots make blisters, the stove is hard to light, and so on. So what is the remedy?

Fortunately, there is one. Two major publications now exist which have taken on the task of studying the characteristics of backpacking equipment and providing excellent summaries and buying guides for their readers. These are:

- | | |
|--|--|
| (a) Outdoor Canada,
181 Eglinton Ave. East, Suite 201,
TORONTO, Ontario, M4P 1J9 | This is available at most magazine stands and is published bimonthly. Subscriptions are \$3.50 for one year or \$5.95 for two years. |
| (b) Backpacker Magazine,
Box 2946,
BOULDER, Colorado, 80302 | This is not generally available at magazine stands. Subscriptions are \$13.00 per year (six issues). |

Outdoor Canada has studied the following equipment within the last eighteen months:

Backpacker's Stoves	May - June 1976
Choosing a Sleeping Bag	July - August 1976
Cross-country Ski Equipment	November - December 1976
Choosing a Pack	September - October 1976
Choosing a Tent	April - May 1977

Backpacker Magazine has studied the following during the same period:

Trailbeds (foam pads, tec.)	Issue 21 (June 1977)
Multi-person Tents	Issue 20 (April 1977)
Footwear	Issue 19 (February 1977)
Cross-country Ski Equipment	Issue 18 (December 1976)
Backpacking kits (sew-it-yourself) clothing, packs, tents & bags	Issue 17 (October 1976)
Backpacker's Stoves	Issue 16 (August 1976)

Backpacker Magazine specifically advertises the availability of back issues at \$3.00 each, obtainable by writing to Backpacker Books, Whiting, Vermont 05778. In addition (and perhaps more to be recommended), Backpacker Magazine has recently published a consumer guide to buying backpacking gear, with evaluations of 364 models and brands of backpacks, sleeping bags, tents, boots and freeze dried dinners. This is called "Backpacking Equipment" and sells for \$4.95 plus 50¢ shipping, with a 10 day refund period if unsatisfied.

Doug. Knapp

A WATER SUPPLY : MAP 12

On map 12 at km. 20.0 (from the Kingston end) water may be obtained at the Lalonde's house where the trail first meets and starts to follow Van Order Road. Mrs. Lalonde has asked us to inform hikers that the water tap is outside in front of her house by her lilac bushes, and that hikers should feel free to help themselves. She also mentioned that her barking dog doesn't bite.

CORRIDOR PRESERVATION FUND PLEDGE FORM

I pledge to donate the sum of _____ to the Rideau Trail Corridor Preservation Fund to help preserve the Rideau Trail corridor from incompatible uses.

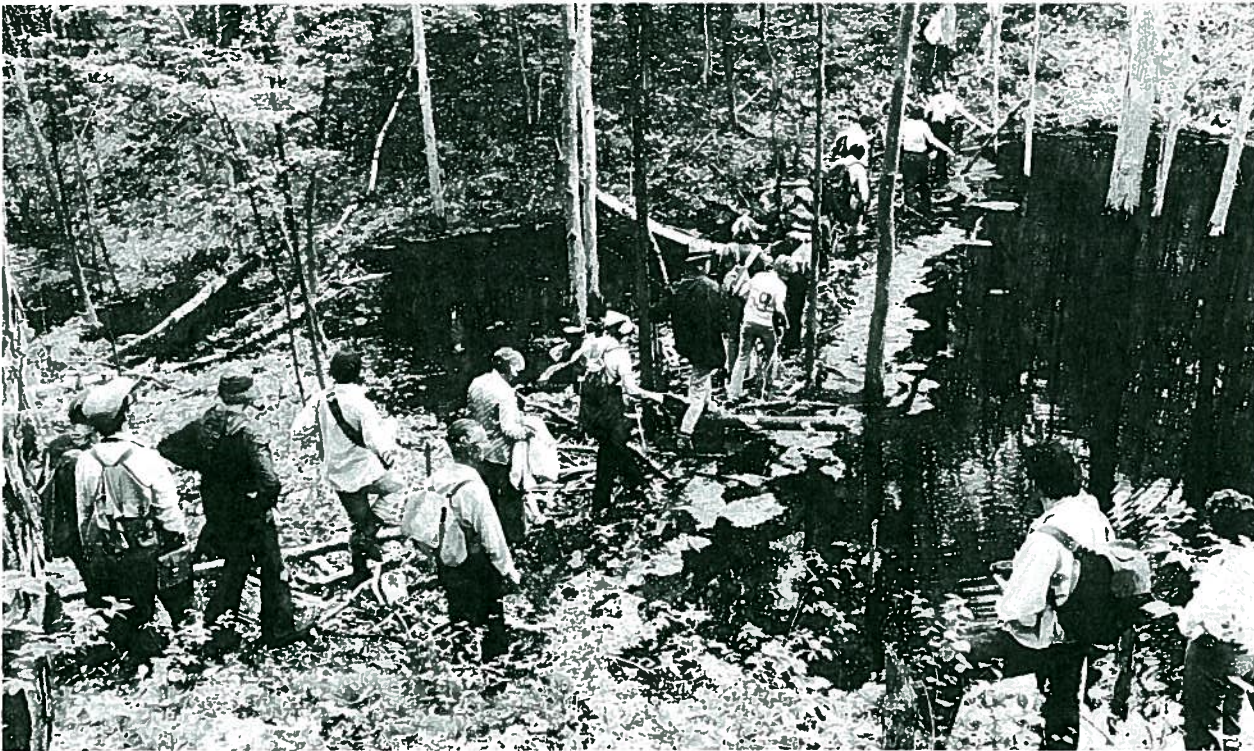
DATE _____

SIGNATURE _____

WITNESS _____

ADDRESS _____

This can be sent to Corridor Preservation Fund, Rideau Trail Association, Box 15, Kingston, K7L 4V6. Donations of over \$5.00 will be acknowledged by an official receipt.



ONTARIO HIKING DAY 1976 - OPINICON LOOP

— NORMAN McLEOD

TRAIL EQUIPMENT FOR SALE

This issue of the R.T.A. Newsletter initiates a new free service to members, to help owners of surplus hiking equipment make contact with potential buyers. If you have any equipment you've outgrown, send your advertisement to the editor of the next issue (see inside of front cover) before the submission deadline date. Equipment you might want to sell might include outgrown hiking and cross-country ski boots, cross-country skis, backpackers tent, ski clothing, hikers' stove, etc.

FOR SALE: Childrens' hiking boots: Sizes 36 and 37
Childrens' cross-country ski boots: Sizes 36 and 37
Call 542-2039 (Kingston)

ERRATA: Kingston Area Guidebook - As of June 10, 1977

- (i) Page 1: km 1.0 Delete "Trail enters treed area known as Squaw Point". Add "Trail continues through scrub bush".
- (ii) Page 1: km 1.3 Delete "...stand of deciduous trees". Add "...wooded area of pine and deciduous trees known as Squaw Point".
- (iii) Page 1: km 3.9 Delete "four". Replace by "six".
- (iv) Page 2: km 10.0 Delete "which slopes downward toward the west".
- (v) Page 2: km 10.1 Delete "at boundary of bushy field and woods". Add "along ridge of precambrian shield".
- (vi) Page 2: km 10.3 Trail turns abruptly to west and almost immediately leaves rocky ridge and woods, entering an open meadow with a good view to the west.
- (vii) Page 2: km 10.5 Delete "Cross stream which flows from a spring on the east side of the trail." Add "Pass a spring issuing from rocks immediately west of the trail and flowing to the west. This is a good source of drinking water."
- (viii) Page 2: km 12.4 Delete "wooden". Delete the whole of the next sentence.
- (ix) Page 6: km 10.6 and km 11.2: Delete these references.
- (x) Page 6: km 11.4 Delete "Cross stile". Add "Trail meets and follows gravel road".
- (xi) Page 7: km 12.2 and km 12.4: Delete these references.

We recommend that this page be inserted in the front of your guidebook.



If undelivered, please return to:

Rideau Trail Association
Box 15
Kingston, Ontario
K7L 4V6
Canada



APPLICATION FOR MEMBERSHIP - RENEW NOW FOR 1977-78

Please check whether.... New membership_____or Renewal of membership_____

NAME(please print):_____

MAILING ADDRESS:_____

(Please include postal code.) Telephone:_____

I enclose \$_____to cover the following:

MEMBERSHIP FEE: \$5.00
Senior Citizen: 3.00

- | | |
|-----------------------------|-------|
| (a) Membership fee | _____ |
| (b) Plastic map kit(\$3.00) | _____ |
| (c) Crest (badge) (\$1.00) | _____ |
| (d) Guidebook* (\$1.00) | _____ |
| (e) Donation | _____ |

Please make cheques or money orders payable to the "Rideau Trail Association"
and mail remittance to Rideau Trail Association
Post Office Box 15
KINGSTON, Ontario
K7L 4V6

* This is a Kingston Areas Guidebook only.

Editor's note: The information on this sheet was received after the Newsletter was at the Printer's office; thus the need for an insert.

OTTAWA CLUB CALENDAR OF EVENTS

All members and friends are invited to take part in the following club activities. Mark these dates on your calendar now! Unless otherwise stated, hikers will meet at the West End Shoppers City (corner of Baseline Road and Woodroffe Ave . Meet near the car wash) at the time specified. We will endeavour to accommodate people without cars. If you wish further details, or have ideas for future activities, please contact members of the Club Executive - Social Convenor, Dorice Joyce 728-8848, Secretary, Sandra Winter 725-1400, Publicity, Eileen Evans 741-0789.

- | | |
|-------------------------------------|--|
| Saturday
September 10 | A hike on one of the most spectacular sections of the Rideau Trail, in the Gould Lake area (map 11). Meet at the barn on Gould Lake at 10:30 A.M. For those interested in camping overnight (tent, trailer) there is a public campground at the south end of Gould Lake. Canoeists will enjoy excellent canoeing, so bring your canoe as well as your own food. It is hoped Central and Kingston section hikers will join the Ottawa Section for this outing, first of the new season - see if you can bring some prospective new members. |
| Sunday
September 25 | Hike on a new section of the Rideau Trail, north of the North Gower Road and west of the Dwyer Hill Road (map 4). Bring your lunch and meet at W.E.S.C. at 9:30 A.M. Get in shape for next week-end! |
| Saturday &
Sunday
October 1&2 | A backpacking and overnight camping week-end in the beautiful Frontenac Park area of the Rideau Trail (map 10). This is approximately a 14 mile hike for two days. Ottawa section hikers will meet at 8:00 A.M. at W.E.S.C., and will meet Central and Kingston section backpackers at 10:30 A.M. at the Sydenham High School parking lot. For further details, contact Dorice Joyce at 728-8848. |
| Sunday
October 2 | ONTARIO HIKING DAY! Bring yourself and your guests for this Ontario Hiking Day outing on our new ski loop near Burritt's Rapids, (map 4). You may hike a distance varying from 2 to 8 miles through the autumn woods which should be at their best. Bring your lunch and meet the others at W.E.S.C. at 9:30 A.M. Let's see if we can get a record crowd for this. |
| Saturday
October 22 | Hike on a section of the Rideau Trail in the Limerick Forest (map 5A). Of interest along this section is a sphagnum bog. Hikers will meet at W.E.S.C. at 9:30 A.M. Bring a lunch. |
| Sunday
November 13 | A late autumn hike on the Rideau Trail in the Deeks Quarry area, south of Burritt's Rapids (map 5A). Last chance before the snow! Meet at W.E.S.C. at 9:30 A.M. and bring a lunch. |
| Tuesday
November 29 | Prepare yourself for the cross country skiing season! Come to the Cross Country Ski Workshop, with instruction covering equipment, waxing and technique. You'll be surprised how many |

tips you'll pick up. The workshop will be held in the auditorium of Camsell Hall, 588 Booth St. (corner of Carling and Booth, off Booth St.), at 7:30 P.M. Parking available. Members and their guests are invited. Refreshments will be served.

4/1/71
Sunday
January 8

A cross country ski and snowshoe outing on a new loop of the Rideau Trail, north of the North Gower Road and west of the Dwyer Hill Road (map 4). Bring a lunch and meet at W.E.S.C. at 9:30 A.M.

Saturday
January 28

A repeat of our very popular cross country ski and snowshoe outing into Merrickville (map 5). Leave the cars at Nicholson's Locks and ski 5 miles into Merrickville where we will have a hot lunch at a local hotel. Ski back along the Rideau Trail to Nicholson's Locks. Ottawa section will meet Central section people at 10:30 A.M. at Nicholson's Locks. Participants are asked to contact Dorice Joyce at 728-8848, before January 24, to enable her to know how many will be taking part. Never mind if it is freezing - it was last year and a great time was had - be sure not to miss this.

FEED THE BIRDS

A bird feeding station is being erected this fall on the Rideau Trail lot (map 4 Conc. VIII) by Ottawa Trail Club members.

The seed will be stored on the lot. A pleasant trip of 2 1/2 to 3 miles by skis or snowshoes will get you from your car to the feeder.

A roster is being compiled and several people have already volunteered to make at least one trip. If enough people volunteer their services, it will not be a big job for any one person. A weekly trip will be necessary to ensure the feeder is kept full.

Undertaking a project like this can be very rewarding and enjoyable, but, we must take the responsibility very seriously. Once a feeder is established many birds may gather in the area and become dependant on this food source; so, we must ensure the supply.

Cost of feed will be approximately \$90.00 per season. We have \$10.00 so far from bottles picked up along the trail.

If you require further information, can spare the time to fill the feeder, or wish to make a donation (refundable bottles accepted) please contact: Shirley Simpson, 1206 Placid Street, Ottawa, Ontario K2C 3A6 (828-1679).

OTTAWA/KINGSTON TRAIL CLUB OUTING

Saturday, May 28th was the occasion of a joint club outing on the Rideau Trail near Chaffey's Locks. 18 people met at Skycroft Camp where they were greeted by the owners, Allan and Ellen Bonwill. At the end of the walk everyone agreed that it had been a day well spent and expressed their appreciation of the efforts of our hosts to make it such an interesting outing.

VOLUNTEER WILDLIFE PROJECT

Identification of threatened species and development of recovery management plans are priority concerns of both the Ministry of Natural Resources and FON. Status information on many species, however, is sorely lacking. This is especially true of rarities and those suspected of sharp declines. While in some cases evidence has justified endangered species designation, too often a lack of data has prevented status evaluations and hindered action. This project, therefore, has been jointly developed to provide information on the basis of which status assessments, and protection and recovery plans, if necessary, may ultimately be based. By providing information you can be of great assistance to these species.

During 1977 we are anxious to collect information on four species of concern: double-crested cormorant, red-shouldered hawk, spotted turtle, and black rat snake. Field records from previous years can provide important information, however, in order to ensure that complete data are obtained, a reporting format has been developed. A sample sheet is attached. This can be photocopied, if necessary, or more can be obtained from FON headquarters. When completed, these should be returned to FON.

Although complete records are highly desirable, extreme care should be exercised in obtaining data, especially during the critical incubation period of both birds and reptiles. Even though the purpose of this project is to obtain data on species whose status is in question, any human disturbances adversely affecting reproduction would negate the benefits derived from the project. For the same reason, the necessity of keeping all sightings and nest records confidential should also be stressed.

RED-SHOULDERED HAWK

An inhabitant of wet forests, farm woodlots and wooded river valleys, the red-shouldered hawk, (Buteo lineatus) is restricted in Canada to southern Ontario (north to Lake Nipissing and Ottawa), southwestern Quebec, and rarely southern New Brunswick. Formerly one of the most common hawks in southern Ontario, populations declined in the early '60's as a result of a combination of factors. Spring food supplies were reduced when lands were drained for development. Favourable habitat was lost as a result of deforestation. Inter-specific competition with increasing numbers of red-tailed hawks led to a loss of nesting sites, and pesticide build-up affected nesting success. The present status of this species is undetermined.

Intermediate in size between the red-tailed and broad-winged hawks, the red-shouldered's wings and tail are comparatively longer. When perched, the red-shouldered has a distinctive checkered black and white area on the side of the folded wing and a reddish-brown patch at the bend or 'shoulder' (lesser coverts). Adults are brown, mixed with buff and white above. The black tail is crossed by five or more narrow white bars and tipped with white. Viewed in flight (from below), the breast and abdomen are barred and streaked with reddish-brown and white, and the tail is white or gray with inconspicuous bands. Broad-winged hawks have similar markings but the white bars on the tail are much wider.

The red-shouldered hawk sets up territory in mid-March, competing with red-tailed hawks and great horned owls for nesting sites. The nest, a bulky structure of sticks, lined with bark strips, leaves, moss and green twigs etc, is usually constructed between 25 and 60 feet high in the main fork of a tree, in damp woodlots, river valleys and adjacent slopes.

Frequently returning to the same area for several years, each nesting locale may have several alternate nests. The clutch, of two to four dull white eggs with various markings of brown, is incubated for 25-28 days by both sexes.

The red-shouldered hawk hunts for reptiles, amphibians and invertebrates from perches and low branches along wooded watercourses. Birds and small mammals are also taken in smaller numbers.

Further references: Peterson Field Guide to the Birds and E. Godfrey, Birds of Canada.

DOUBLE-CRESTED CORMORANT

The double-crested cormorant (Phalacrocorax auritus) is a colonial nesting species of coastal areas and inland waters. Populations occur from central Alberta eastward to Newfoundland. Appearing in Ontario in April, they may be found locally from Lake of the Woods and Lake Nipigon through the Great Lakes to the upper St. Lawrence River. Some populations in Ontario appear stable while others are decreasing. Population numbers on the Great Lakes are thought to have declined by 80%.

This large (29-35"), black, water bird has a naked throat pouch and orange skin in front of and around the eyes. The rather slender beak is hooked at the tip. An inconspicuous tuft of feathers on either side of the head is shed early in the nesting season. These birds are usually silent except on the nesting grounds.

As fish-eating birds, double-crested cormorants dive from the surface and swim underwater. Riding low on the water in a way similar to loons, they tend to hold the bill slanted upward. Take off requires considerable paddling, flapping and

splashing, but once in the air they fly well with slow steady wingstrokes, gliding occasionally for short distances. They are often seen flying low over the water or perched on cliffs, rocks, gravel bars and pilings with wings half open to dry.

Bulky nests of sticks, and other available materials, are built in colonies on bare rock, islets, cliffs ledges and in trees near water. A clutch usually consists of 3 or 4 pale greenish-blue eggs with a rough chalky covering of lime. Incubation is by both parents and averages about four weeks. The naked purplish-black young are helpless and must be fed in the nest for several weeks.

In October and November, double-crested cormorants migrate either in single-line or asymmetrical 'V' formation, or without obvious formation to the south Atlantic coast or the Gulf of Mexico. Infrequently a few over-winter around the southern Great Lakes.

Further references: Peterson Field Guide to the Birds and E. Godfrey, Birds of Canada.

SPOTTED TURTLE

The spotted turtle (*Clemmys guttata*) is a mostly aquatic species, preferring shallow marshes, ponds, and occasionally, slow flowing brooks. The species is, however, much less aquatic than most Ontario turtles, frequently venturing into woodlands.

In Canada, the spotted turtle has a very sporadic distribution being reported only from widely separate wetlands in Ontario, mostly in Lake Erie counties and the Bruce Peninsula. In recent years, however, reports have documented its presence erratically in central and eastern Ontario. Considerable concern exists for the species' future in Ontario, given the steady drainage of its habitat, its rarity, and its low reproductive rate. Over the past decade many of its former haunts have been filled for cottages or drained for agriculture.

Often described as the "polka-dot turtle", this small (3 to 5 inch) species is unmistakable in Ontario. The vivid orange to yellow dots are scattered far apart on the smooth black (to brownish) shell and extend onto the shiny skin of head and appendages. Blandings and box turtles, the only other species with yellow on their carapace, give the impression of dense mottling rather than distinct dots.

The spotted turtle is very shy and tends to prefer small inland ponds and marshes, where it is little seen. The species does, however, bask extensively, sometimes in numbers on a single log or stump. Females leave water to seek sandy locations in June, where they lay 2 to 4 white elliptical eggs. Incubation is widely variable, about 3 months, during which eggs are highly susceptible to predation by skunks and raccoons.

Existing records, throughout the range, are far from adequate to evaluate the status and are woefully inadequate to allow special designation and habitat protection.

Further references: R. Conant, Field Guide to Reptiles and Amphibians, and B. From, Turtles of Canada.

BLACK RAT SNAKE

The black rat snake (*Elaphe obsoleta obsoleta*) is primarily a woodland species, preferring open forests with large decomposing logs or scrubby rocky areas. It is often found in rough terrain far from water. Occasionally, the species is observed along farm fence rows, around barns or tumbled down buildings, and venturing onto paved roadways during cool evenings, when the pavement is still warm from the day's sun.

In Canada, the black rat snake has been reported from two areas in Ontario. The first of these is a sporadic band along the north shore of Lake Erie; the second a semi-circular range within about 30 miles radius of Gananoque. Within the latter range, some localities appear to have healthy populations. But detailed site information is wanting, and locality data in the Lake Erie range is inadequate for protective purposes.

The black rat snake grows to be Canada's largest snake, attaining an adult length of 3½ to 6 feet, rarely to 8 feet. As an adult it is simply a large black snake, usually without any patterning visible except a white chin and throat. Its belly is white with gray checkerboarding along the edges. In this stage it is unlikely to be mistaken with any other Ontario snake except perhaps a very large dark watersnake. As a juvenile, it is often strongly patterned above, with gray or brown blotches on a pale gray background. At this stage it could be confused with several other snakes, and a field guide should be used to confirm identification. Darkening occurs rapidly, and by 3 feet specimens usually have little mottling visible.

This species forages widely, and may well be seen exposed during daylight, hunting rodents, and occasionally birds, frogs and other snakes. Females usually lay 12 to 16 eggs in a decaying log, sawdust heaps, or similar habitat. Females have been observed brooding eggs while they hatch.

Owing to its restricted range, and great susceptibility to destruction by humans, there is concern that the species could be rapidly reduced without greater protection. Detailed locality information is needed as a basis for such protection.

Extreme care should be exercised in obtaining data. **DO NOT UNDER ANY CIRCUMSTANCES** disturb nesting birds or unearth reptile eggs.

Wildlife Record Form

SPECIES.....

Date.....Estimated Exact Year.....

Based on: Observation Recollection

LOCALITY.....

County.....Township.....

Concession.....Lot.....

Owner of the property (if known).....

.....

Directions to nest, colony or area of observation and a sketch map.

HABITAT Circle appropriate options

bog	coniferous woods	deciduous woods	mixed woods	scrub growth	fallow field	cultivated field	orchard	fence row	bui
lake	bay	stream	river	permanent pond	temporary pond	swamp/ marsh	beach		
rock	gravel	sand	clay/ loam	leaf mould	rotten wood				

Description of area and dominant vegetation.

BIRD NESTING SITE

Nest location: tree ground cliff bank other.....
Number nests observed.....Distance to water.....
Height above ground or water..... Approximate size.....
Position in tree.....
Materials.....
Accessibility.....Visibility.....
Date constructed (if known).....
Adults Incubating..... Number of eggs.....Number of young.....
First, second or third clutch this year (if known).....
Availability of suitable nesting trees approximate
Comments:

NESTING RESULTS**Evidence of Success:**

Young: seen in heard seen near
nest nest nest
Adults: carrying giving alarm
food calls
Other:

Evidence of Failure:

Nest: deserted (too early for success)
damaged/fallen
Outcome: evidence not conclusive
observations not continued
Other:

REPTILE NESTING SITE

Adult observed: laying eggs near eggs Distance from water.....
Evidence of success or failure (if any).....
.....
Comments:

OBSERVER

Name.....
Address.....

Return to: VWP, c/o FEDERATION OF ONTARIO NATURALISTS
1262 Don Mills Road, Suite 49, Don Mills, Ontario M3B 2W7