



The Rideau Trail NEWSLETTER

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Spring 1979

LOT 18
COMC. 5



Keen hikers, Lake Opinicon section of Rideau Trail.

— Norm McLeod

The Rideau Trail Newsletter is published quarterly in December, March, June and September by the Rideau Trail Association. The Editor of this issue is Marion Watkins for the Kingston Rideau Trail Club; typed by Marie McCann. Submissions for the next Newsletter are welcome and should be sent by May 1 to Mike Moran, 66 Havelock St., Ottawa, Ont., K1S 0A6. Phone 235-3005.

The Rideau Trail Association is a member of the Federation of Ontario Hiking Trail Associations.

Unless otherwise stated, the opinions expressed in items in this newsletter are not necessarily those of the Rideau Trail Association.

TO THE EDITOR

Dear Friends,

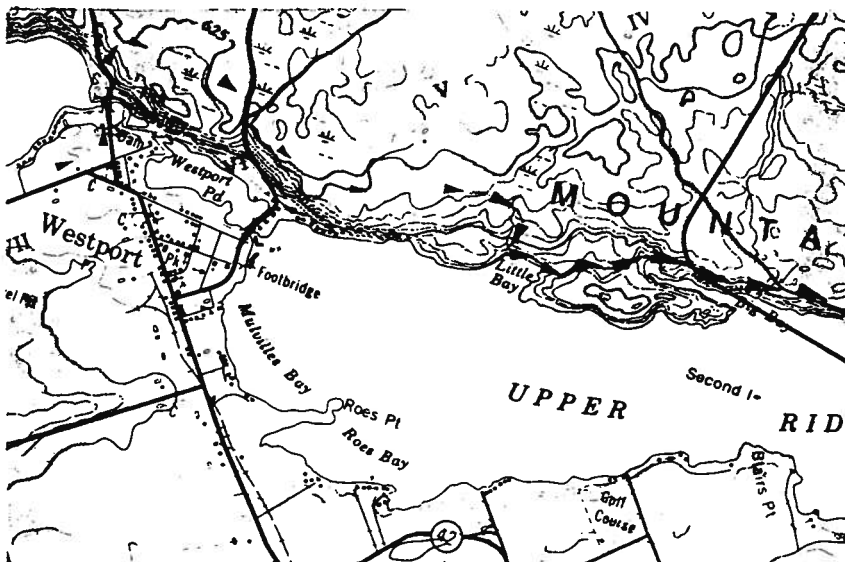
In the southeast corner of map #3 you'll notice a clearing on the northern boundary of the Natural Resources land. On the west side of this clearing where the trail turns south, there is also a car-track heading north past a large, barkless tree trunk. If you follow this car-track north just until you clear the trees and look right (east), you'll see a clump of 12-15 foot cedars. Concealed beneath these trees is a stone foundation which may have borne the house of the people who homesteaded on this spot.

Also, if you walk west across the field on the other side of the car-track and a few yards into the woods, you'll discover a tiny streambed. It was dry last summer and I suspect that it only carries melt-water, but I have seen it flowing. If you are brave (and extremely careful) about using surface water, you might like to check it out or just have a look at it along with the foundation.

See you on the trail,

Mike Cuddihey.

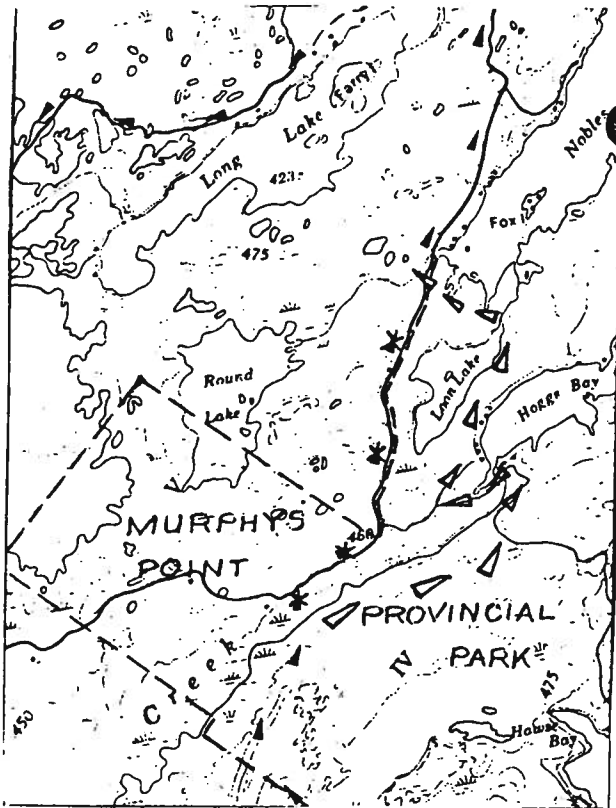
TRAIL REROUTING



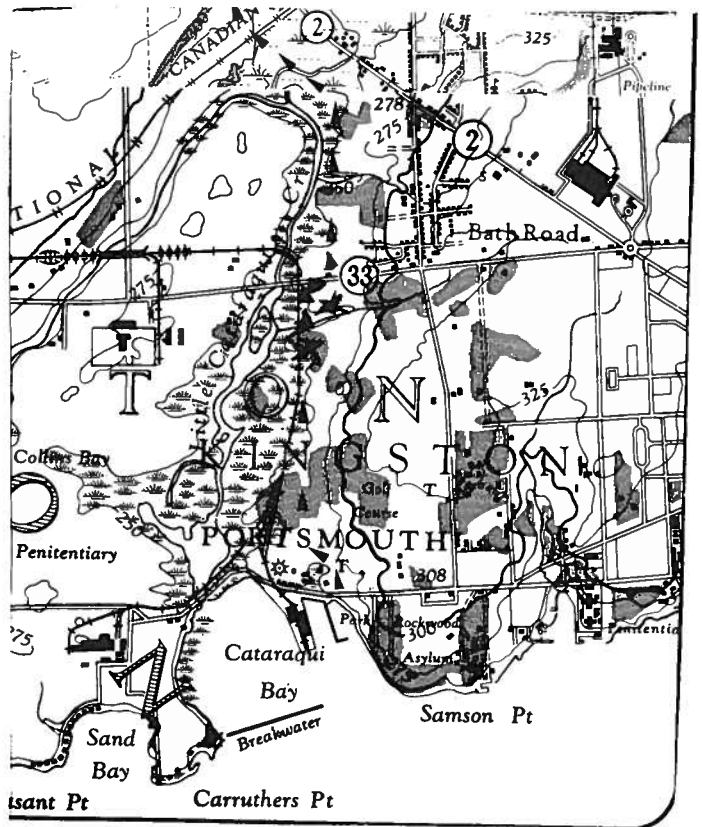
The R.T.A. Board wishes to keep new members informed of trail reroutings since the last revision of the maps (Spring 1976). Following are map sections showing changes which you should indicate on your maps.

* indicate cancelled trail sections.

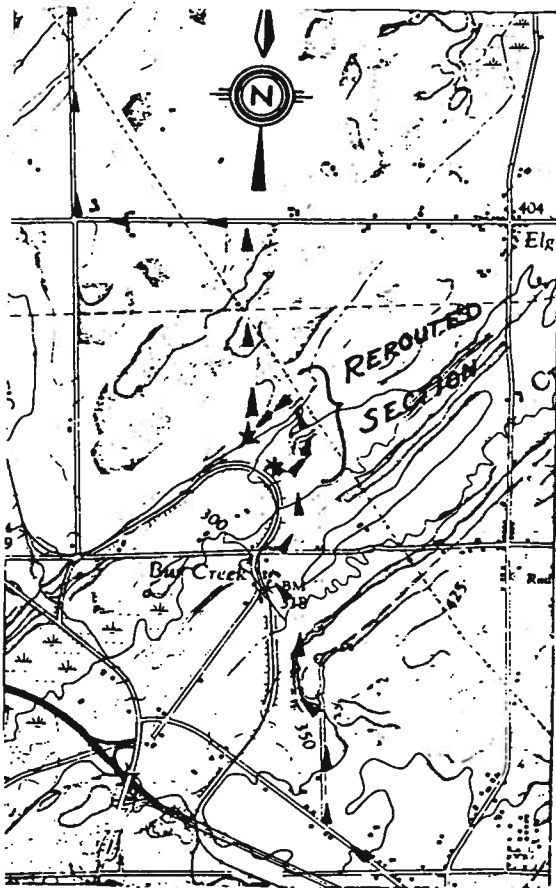
Map 9, new trail.



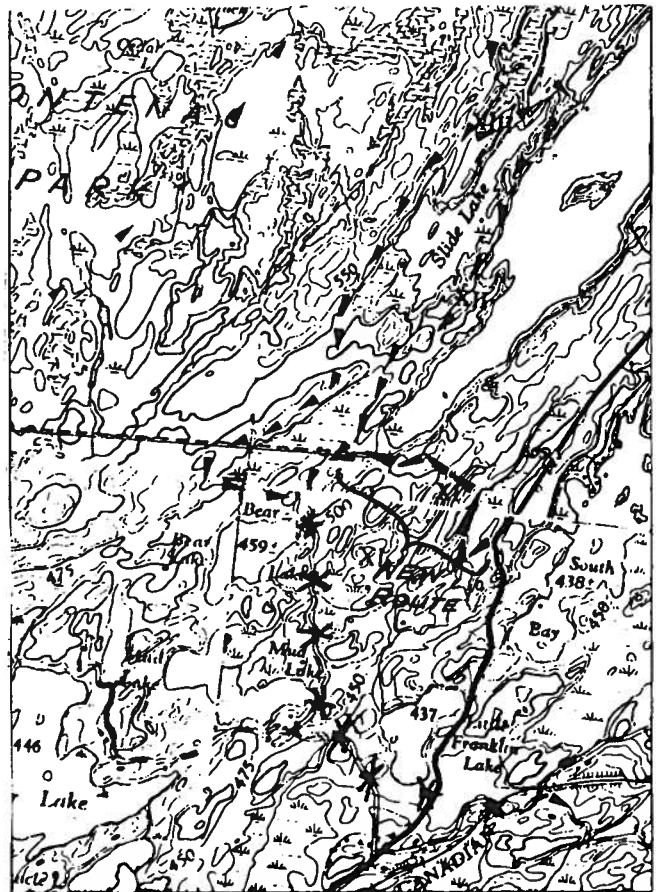
Map 8



Map 12 Kingston end.

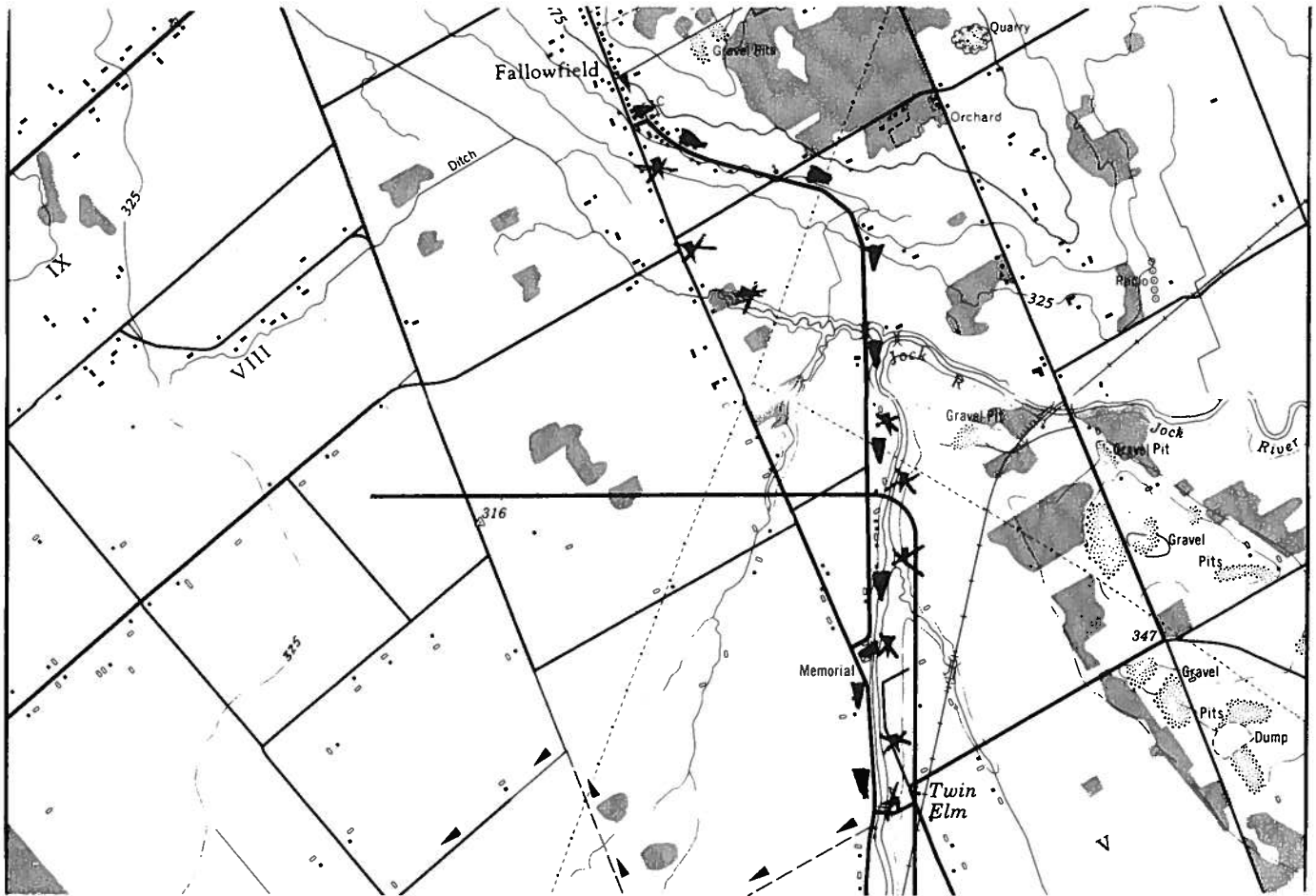


Map 12



Map 10

The map below shows a major change in the Rideau Trail on map #2, reported here for the first time. It was necessary to relocate along secondary roads, in the Fallowfield area, to retain continuity of the Trail.



Map #2

King - Ott.

Ott. - King

0.0 km	Intersection of Richmond Road (Regional Road #10) with Twin Elm Road from east.	6.4 km
0.7	Historic Cairn. The Fourth Duke of Richmond, Governor of the Canadas 1818-19, died here Aug. 28-1819.	5.7
0.8	Junction of Richmond Rd. and Steeple Hill Cresc.	5.6
2.1	Rushmore Road intersects from west.	4.3
3.2	Cement bridge crossing Monaghan Creek	3.2
4.3	Power line.	2.1
4.6	Fallowfield Road intersects (Regional Road #12).	1.8
4.6	Fallowfield United Church c-1886. One of two remaining churches that gave this ridge its name, Piety Hill. Attended at one time by Sir J.A. MacDonald.	1.8
5.4	Stone house built by original settler c-1827.	1.0
6.2	St. Patrick's Church. The nave of this church dates from 1866. The stone rectory was constructed 1889.	.2
6.4	Junction of Richmond Road and Steeple Hill Crescent in the settlement of Fallowfield.	0.0

OTTAWA RIDEAU TRAIL CLUB ANNUAL MEETING

DATE: Sunday, June 10, 1979

LOCATION: Rideau Trail Club Lot (Map 4, Conc. VIII)

TIME: Meet at West End Shoppers City (corner of Baseline Road and Woodroffe Avenue, near Woodroffe exit) at 9.00 a.m.

HIKE: 2 1/2 miles (4.02 km) into the Lot for the business meeting at 11.00 a.m. If the weather is bad, the meeting will be held in the log cabin.

LUNCH: Bring your own food, roastable if you wish to cook over the outdoor barbecue. Hot and cold drinks will be served.

FOLLOWED BY: An "Attract a Bird and Animal Afternoon"

Help to plant sunflowers to feed our birds and shrubs to attract wildlife and beautify the lot! Or, bring your own tree, plant it and watch it grow on the lot over the years. Cedars are preferable, or mountain ash, which would be enjoyed by the birds.

A Hike from the Lot, in search of wildflowers.

REMEMBER: This is YOUR Club - YOU are needed to keep it viable. New people and new ideas are always wanted. Don't "Let George do it" - come out and get involved. The more people who help, the less there is for each one to do and the more fun it is for everyone.

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ATTENTION - MEMBERS OF OTTAWA RIDEAU TRAIL CLUB

Nominations for Elections

Elections will be coming up at the Ottawa Rideau Trail Club Annual Meeting on Sunday, June 10, 1979. Nominations for positions on the executive will be accepted up until the time of the meeting. Anyone interested in being on the executive, or in nominating someone (clear with the nominee first to ascertain their willingness to act) should contact Shirley Simpson, 828-1679, or Dorice Joyce, 728-8848, who will see that the names are put on the slate of officers.

.....

ANNUAL MEETING - KINGSTON RIDEAU TRAIL CLUB

SATURDAY MAY 5
1.00 P.M.

• NOT-YOUR-AVERAGE-FACTS-AND-FIGURES, -DULL-RECITATION-OF-REPORTS
AND-GO-HOME-MEETING

- A Special event planned for information, education and enjoyment.
- This event will interest children and adults, rain or shine.

THEME

THE EDIBLE WILD - a series of slides, descriptions and recipes for identifying and eating the edible plants you will find along the Rideau Trail.

HIKES

1. A "Y" rated hike for young people. Adults must be accompanied by a child. Bullen Road to Burr Creek area - explore the disappearing stream.
2. This hike will take you to the largest tree of its kind in Ontario.
3. The beauty of a marsh will be the focal point of this peripatetic adventure.

UPDATE

Find out what issues, concerns, hopes and disappointments your Club has experienced this year when the executive presents a series of brief reports. And you get to vote for your Club's leadership for the next year.

Your attendance is important as an indication of your belief that the Rideau Trail is a significant and worthwhile recreational resource.

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AN EXCITING OPPORTUNITY

INTERESTING WORK WITH CONGENIAL PEOPLE: ONLY 35 HOURS PER YEAR: EXCELLENT REWARDS:
MAKE A SIGNIFICANT CONTRIBUTION TO HEALTH AND ENVIRONMENTAL CONCERNS

The Kingston Club needs a Chairman, Vice-Chairman and Secretary to assume responsibility after May 5, 1979 (Annual Meeting). The Chairman presides over about 8 club meetings annually and occasionally attends public meetings with other members. Privileges also include attendance at 4 Rideau Trail Association meetings and being in on the "ground floor" on issues affecting trails and environmental concerns in Ontario. An excellent opportunity to practice leadership skills.

The Vice-Chairman is generally regarded as "person-in-waiting" to succeed the Chairman. All the benefits described above pertain to this position also with the added feature of allowing the incumbent to involve him/herself in areas of special interests.

The Secretary helps everyone to keep track of decisions made and action to be undertaken by taking notes at meetings. Correspondence is minimal and this person shares with other executive members an opportunity to influence the purpose and direction of the Club.

JOIN US IN THIS OPPORTUNITY TO EXPAND YOUR AWARENESS, AND PRACTICE YOUR LEADERSHIP ABILITIES. CALL JACK WATKINS TODAY AT 389-4354.

" THIS IS THE HOUSE THAT THE RIDEAU TRAIL ASSOCIATION BUILT....."



(Left) Summer, 1977

One of the first jobs, preparing the logs. Some peeled easily and some didn't!

(Right) Early summer, 1978

All this machinery to dig one small well, but most important in case of fire. Excellent water was found at just over 60 feet.



(Left)

Early summer, 1978

The first few rounds are up and the workers take a break.



(Left) Summer, 1978
Pioneer at work - cutting
a mean notch!

(Right) Summer, 1978
Putting up the trusses, work that
needed expert craftsmen. From
this point on, it really began to
look like a log cabin.



(Left) Summer, 1978.
The trusses are up and the
work party is ready to go
home. Chinking between the
logs and cutting out the
door and windows were the
next jobs.



(Left) December, 1978

Carrying in the wood stove, a job requiring muscle, and patience when it came to joining up the pipes!

(Right) December, 1978

The final product - well, almost! Shirley Simpson, who has been responsible throughout and has worked like a Trojan as Chairman of the Ottawa Club's Lot Development Committee, standing at the door.

There is still a lot of chinking and finishing to be done, inside and out, but with the stove installed and candle holders up, the cabin is a warm and cosy refuge after skiing. Use has been made of it every weekend and also for an overnight trip. The birds, too, enjoy the feeders! It is hoped that all members will get a chance to make use of the cabin, in winter or summer.



NOTE: The Cabin on the Rideau Trail Association Lot is located on Map 4, Conc. VIII. There are a number of access roads to the cabin varying in length from 2½ to 3 miles (4 to 4.8 km). Some of the bush roads in this area have been upgraded because of timber cutting. This is not an invitation to drive in to the cabin. Public vehicles are prohibited on these roads and we strongly urge members to adhere strictly to these laws. It is also the wish of the R.T.A. to keep the cabin and lot as remote as possible and, after all, we are hikers.

OTTAWA CLUB CALENDAR OF EVENTS

All members and friends are invited to take part in the following club activities. Mark the dates on your calendar now! Unless otherwise stated, hikers will meet at the West End Shoppers City (corner of Baseline Road and Woodroffe Avenue, meet near the Woodroffe Ave. exit) at the time specified. If you wish further details, please contact members of the Club executive - Social Convenor, Dorice Joyce, 728-8848; Secretary, Sandra Winter, 749-4264; Publicity, Eileen Evans, 741-0789.

PLEASE BE ON TIME! Outings will leave promptly at the time specified.

Saturday,
March 3

Joint cross-country ski and snowshoe outing with the National and Provincial Parks Association on the Earth Star Loop in the Regional Forest. You may ski from 3.6 km to 14.6 km on this loop through cedar bush, deciduous woods and open country with a few small hills (Map 4). Since National and Provincial Park Association members will be joining us on this trip, you will have the opportunity to gauge for yourself the importance of protecting these lands by legislation. Meet at W.E.S.C. at 9.30 a.m. and bring a lunch.

Tuesday,
March 27

Slide presentation, featuring well drilling and log cabin construction, to be held in the meeting room of the Nepean Public Library, Main Branch, 1541 Merivale Road, at 7.30 p.m. A question period and general discussion will follow the slides and refreshments will be served. Come to see the trials, tribulations - and fun - of building the cabin on the Rideau Trail lot and learn about pouring a cement foundation, making saddle notches, chinking between logs and installing a wood burning stove.

Saturday,
May 12

A hike, the location of which is to be determined at a later date, but probably in the Merrickville area. This should be a good time for migrating birds and spring wild flowers. Meet at W.E.S.C. at 9.00 a.m., bring a lunch and wear waterproof footwear. For further information, call Dorice Joyce 728-8848 or Eileen Evans 741-0789.

Sunday,
May 27

A hike along the trail, led by a very interesting and knowledgeable geologist. The exact location will be determined at a later date. Those who were out on our last hike of geological interest in March, 1978, with the same leader will not want to miss this event. Meet at W.E.S.C. at 9.00 a.m. and bring a lunch. Also bring a bag for samples and a hammer, if you wish. For further information call Dorice Joyce, 728-8848.

Sunday,
June 10

Ottawa Rideau Trail Club Annual Meeting. To be held at the Rideau Trail Lot. Meet at W.E.S.C. at 9.00 a.m. For further details, see special notice on page 5 of this issue.

Saturday,
June 23

In keeping with "The Year of the Child", there will be a hike on the "Old Schoolhouse Loop" (Map 4) and a treasure hunt for the young folk around the school yard. There will also be prizes, in different age groups, for identification of wild flowers. (See Winter 1978 Newsletter, page 10, for exact location). Bring a lunch and meet at W.E.S.C. at 9.30 a.m. Come and bring your friends, young and old, for this last hike until the autumn.

KINGSTON CLUB CALENDAR OF EVENTS

Unforeseen circumstances cause the best laid plans to go awry; so, we advise you to consult the Friday Night column of the Whig-Standard on the Friday before each planned event.

SATURDAY
April 7

ROCK LAKE: Hike the Opinicon Loop from its near connection with Opinicon Road (km 20.7) to Upper Rock Lake (km 6.9). This is very pretty terrain with scenic lookouts, beaver dams, a large heronry, a cave, and even a disappearing stream. Come with good footwear for a 13.8 km (8.4 miles) early spring workout and bring a lunch. Hikers will leave cars at Upper Rock Lake, take a bus (\$1.00 per adult, .50¢ per child) to the starting point near Chaffey's Locks, and walk back to the cars. Meet at 9.00 A.M. at Sears North door, Kingston Shopping Centre, or at the intersection of the Opinicon Road with Perth Road (about 2km north of Perth Road Village) at 9.30 A.M. Hike leaders are Peter Burbidge (389-5881) and Brian and Fran Collingwood (376-3338).

SUNDAY
April 15

BEDFORD MILLS NORTH: Starting at the near ghost town of Bedford Mills (km 9.8), take a leisurely walk north through woodlands, past swampy areas and a beaver dam. Meet at Sears North door at 12 noon. Hike organizer is Frank Blacharczyk, 389-4727.

SATURDAY
April 21

OPINICON-BEDFORD: Walk the Opinicon Loop from where it leaves the main trail on the Bedford Mills road to a point just north of the Opinicon Road and return. Total distance is 9.2 km. Bring your lunch. Meet at Sears, North door at 9.30 A.M. Hike organizer is Norm McLeod, 546-9440.

SUNDAY
April 29

FRONTENAC PARK: The 13 km loop around Slide Lake in rugged Frontenac Park is one of our perennially most-popular and spectacular hikes. Bring a lunch, stout shoes, your camera, and be prepared for a delightful five or six hour walk. Participants are asked to meet at 9.00 A.M. at the north entrance to Simpsons in the Kingston shopping centre. Hike Organizer, Marion Watkins. 389-4354.

SATURDAY
May 5

ANNUAL MEETING-KINGSTON CLUB
See complete details on page 6 of this Newsletter.

SUNDAY
May 13

TAY RIVER - PERTH: Have a family outing on Mothers Day along the Tay at Perth, a beautiful area for hiking and canoeing. Meet in Kingston at Sears, North door at 10.A.M. and at the Town Hall on the main street of Perth at 11.30 A.M. Be prepared to wade! Bring your lunch. Hike organizer is Jack Watkins, 389-4354.

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HIKING BOOTS FOR SALE:

Two pairs, child's size 4, leather boots worn about 6 times, excellent soles and support. Call 389-4354. \$6.00 and \$8.00. Call 389-4354.

SPRING MAINTENANCE OTTAWA RIDEAU TRAIL CLUB

Another work day will be held on April 28th, 1979. All individuals, family groups, scout troops, and outdoor clubs are welcome to take part. Small groups of 3 or 4 workers will be formed and allotted sections of the trail to paint and add markers, prune back trees and shrubs, pick up litter, etc.

Interested persons please call Ed Simpson 828-1679 for time and place of meeting. If another time would be more suitable for some members, possibly a future date could be arranged.



GEOLOGICAL HIGHLIGHTS OF THE RIDEAU TRAIL

Bob Stevens

Hikers on the Rideau Trail have a splendid opportunity to observe an extensive portion of the geological history of eastern North America. While the scenery and ruggedness of the Appalachian or Pacific Crest and Pacific Rim trails may be more spectacular, the enormous span of geological time represented by the rock formations exposed along our own trail is unexcelled.

By walking sections of the trail either from Ottawa to Westport or from Kingston to Westport, you will have actually stepped on rocks and surficial deposits ranging in age from the last great glaciation and the flooding of much of the area by the Champlain Sea some 10 to 12 thousand years ago, back to ancient plutonic, metamorphic rocks more than 950 million years old! Such an age almost defies the imagination, but it is well established by several methods of radioisotope geochronology and by the palaeontological evidence of fossils collected from some of the sedimentary strata.

Radioisotopic ages for young rocks such as the Pleistocene sediments of the Champlain Sea and the clay, sand and till deposits of glacial origin are determined by the radiocarbon (C-14) method which can date suitable carbonaceous materials back to about 60,000 years old. Radioisotopic ages for the older rocks (from 10 million back to 1000 million years old in this area) are determined by measuring the radioactive decay of potassium-40 to argon-40, rubidium-87 to strontium-87, and of

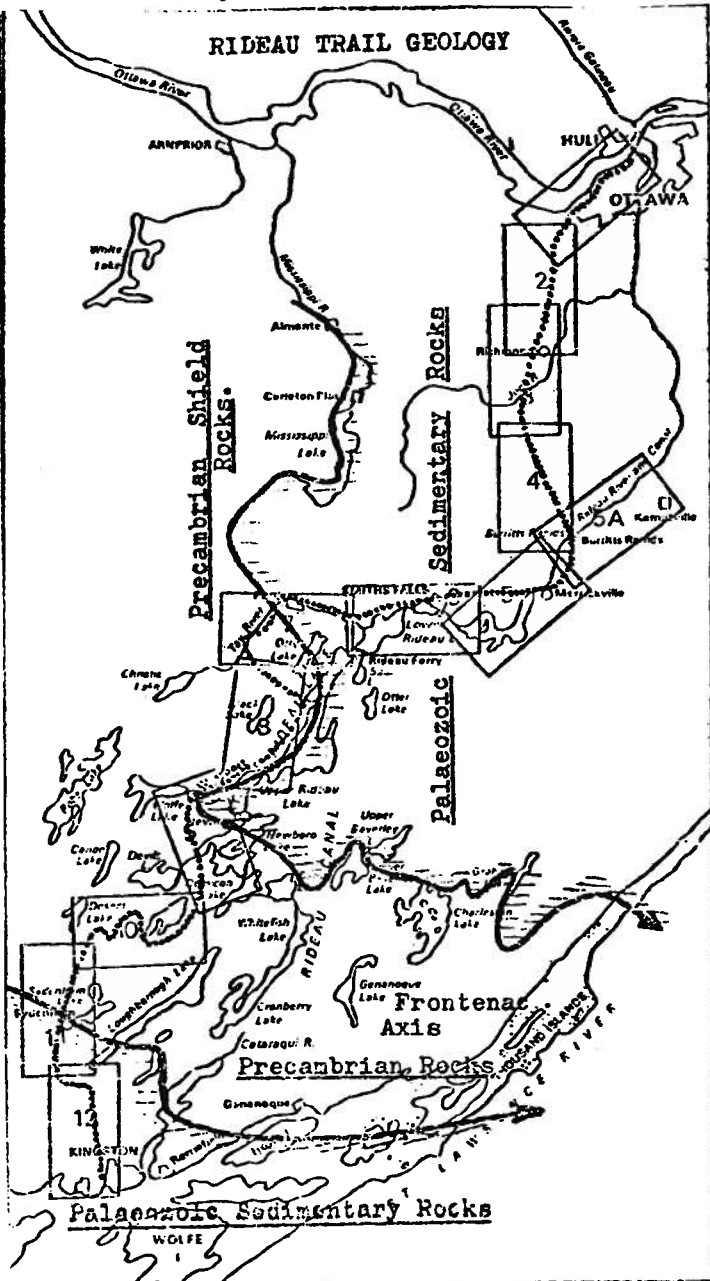
uranium and thorium to several isotopes of lead. Laboratories at a number of Canadian universities and at the Geological Survey of Canada in Ottawa are deeply involved in such methods of geochronology. As you might imagine, radioisotopic age determinations require sophisticated equipment, are very expensive, and are generally beyond the financial means of the amateur geologist.

Palaeontological ages may be determined by studying the fossils contained in sedimentary rocks deposited from Pleistocene times all the way back to the Cambrian at about 570 to 600 million years ago. While it too can become very sophisticated, palaeontology is well within the reach of the amateur geologist if he/she is prepared to invest the time and book-study necessary to become proficient in the recognition and classification of fossils. Some of the fossils you might find in the Ottawa to Perth and Kingston to Sydenham sections of the trail could include fossil plant remains in some of the very young deposits, but more likely would be fossil species of corals, shells (Brachiopods, Gastropods, Pelecypods and Cephalopods), trilobites, crinoids, stromatolites, graptolites, and sponges. In rocks older than Cambrian there are essentially no fossils because prior to that time life-forms had not evolved to the stage where their remains were substantial enough to be fossilized. Therefore, in the section of trail between Sydenham and Perth you are very unlikely to find any fossils, and even in the other sections you might have to search pretty hard!

Basically, the bedrock geology of the area traversed by the Rideau Trail consists of three main sub-areas. First is the lowland country around Kingston and north to Sydenham which is made up mostly of more or less horizontally bedded sedimentary Palaeozoic rocks ranging from Cambrian (the Potsdam sandstone; 570 to 600 million years old) to middle Ordovician (approximately 450 million years old). Second is the lowland swampy and agricultural zone from Ottawa to Perth similarly composed of mainly horizontally bedded sediments ranging from Cambrian (Nepean sandstone) to upper Ordovician (440 million years). In both of these areas the sedimentary rocks, except for the Potsdam and Nepean sandstones, are mainly limestones and dolomites, with some additional shales and marls with sandy lenses in the Ottawa area. Many of Kingston's beautiful old stone buildings are constructed from the local Ordovician limestones. These sediments are only disturbed where they are close to geological faults and flexures where their bedding may be tilted to rather steep angles or the rocks actually broken and fragmented by movements of the earth's crust. Third is a broad, more rugged highland zone forming most of the Rideau Lakes area and being made up of very ancient Precambrian shield rocks more than 950 million years old.

This third zone is a southeast-northwest trending belt of Canadian Shield plutonic and metamorphic crystalline rocks known as the Frontenac Axis. Along this structure the ancient rocks of the Haliburton and Laurentian Highlands extend southeastwards as a relatively narrow band to the St. Lawrence River where they cross over between Gananoque and Brockville forming the rocky and beautiful Thousand Islands. Further southeastwards in New York state the Frontenac Axis rapidly expands again to form the massive Adirondack Mountains. These Precambrian rocks are part of the Grenville Structural Province and, in this area, consist largely of granites, gneisses, marble and minor schists. The gneisses, schists and marble are intensely metamorphosed and recrystallized and in many cases were originally sedimentary rocks (marble for instance is a limestone which has been completely recrystallized by the great heat and pressure of metamorphic processes deep in the earth). The granitic rocks (I here include all the monzonites, granodiorites, etc., as well as true granites) form large masses up to

many square kilometers in extent and have been emplaced into the metamorphic country rocks. This latter event implies that the metamorphic rocks were there before the granites were "pushed" into place amongst them, and since the granites are radiometrically dated at about 950 million years it follows that the original rocks of the metamorphic terrain must be even older! In fact, there is evidence that some of the original rocks may be 1200 to 1400 million years, or older! One of these large granitic bodies is the Westport Pluton forming the high country on the north shore of Upper Rideau Lake and the Ottawa Club might stage a geological hike in that area this summer. Dark diabase dykes, more or less vertical walls of basaltic rock, have intruded into the folded and metamorphosed plutonic rocks. They are slightly younger but still very much Precambrian in age.



The Precambrian rocks of the Rideau Lakes section have been greatly deformed by bending, twisting, fracturing and melting, so that it is difficult to figure out their geological structure which has become very complex. On the other hand, the essentially horizontal sedimentary Palaeozoic rocks are fairly straightforward and the junction between these two very different kinds of rock is called an unconformity. Unconformities are sometimes quite spectacular when you know how to recognize them and in our area the unconformity represents an enormous time gap - a gap of at least 400 million years! During this time the Shield rocks were uplifted and deeply eroded and finally submerged below sea-level again prior to the start of Palaeozoic sedimentation in Cambrian time. At the unconformity the Cambrian sediments may be gritty Potsdam or Nepean sandstone, but in some places the first sediment was a conglomerate consisting of boulders, cobbles and pebbles of the basement rocks just as you might see in a dry river bed, except that now they have been cemented together to form a new rock. A truly grand exposure of such a lower Palaeozoic conglomerate can be seen across the lake from Murphy's Point in the cliffs of the Rocky Narrows in Big Rideau Lake. A canoe trip to these cliffs would be well worth the effort, but be careful as it is a very precipitous shoreline with no shelter on that side.

(Editor's note: The conclusion of this article will appear in the Summer issue of the Newsletter.)

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.

FOHTA UPDATE

Doug. Knapp

You are probably aware that the Federation of Ontario Hiking Trail Associations (FOHTA) represents the R.T.A. and nine other hiking trail associations of Ontario, a total of about 12,000 memberships, 35,000 people and 2,100 km of trail. FOHTA is a purely voluntary federation whose member associations share the following five objectives:

1. To provide co-ordination among hiking trail organizations.
2. To act as a means of communication between hiking trail organizations and all levels of government on matters of common concern.
3. To encourage interest in hiking.
4. To encourage the establishment and maintenance of trails for non-motorized usage.
5. To promote conservation of the natural environment.

Each member association is entitled to have two annually-appointed representatives on the FOHTA Board of Directors. These are currently Doug. Knapp and Al Gamble for the R.T.A. Meetings of the FOHTA Board are held approximately every ten weeks in Toronto.

FOHTA is financed partly by its member associations, which each pay \$20.00, plus 10¢ per association membership (for the R.T.A. this amounts to \$20.00 plus \$120 equals \$140). The Ontario Ministry of Culture and Recreation has also contributed grants to subsidize FOHTA's heavy travel expenses for delegates.

FOHTA created and sponsored Ontario Hiking Day, whose fifth annual holding will be September 30, 1979. Although plagued by indifferent if not hostile weather, Ontario Hiking Day is becoming an institution - unquestionably a healthy step in the right direction.

FOHTA is also planning a first - ever conference for Ontario hikers, called "Hike Ontario", to be held at Trent University in Peterborough during the Victoria Day weekend in 1980. Reserve the time now. It's going to be a most enjoyable and educational family event. More details will be published in later newsletters.

Other activities include the stimulation of support for the beleaguered Niagara Escarpment Commission, publicizing of hiking in Ontario through the National Sportsman's show, energetic input to the Ontario Trails Council, and liaison with the Ontario government representing the interests of hikers on a wide variety of topics.

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If undelivered, please return to:

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



MEMBERSHIP RENEWAL

Please consult your membership card as to your renewal date. Use the form on the last page.

APPLICATION FOR MEMBERSHIP

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
PATRONS: \$150.00

(a) Membership fee _____
(b) Plastic map kit* (\$3.00) _____
(c) Crest (badge) (\$1.00) _____
(d) Guidebook** (\$1.00) _____
(e) Donation (general) _____
(f) Corridor Preservation Fund 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

*Map kits are sold to members only.

**This is a Kingston Areas Guidebook only.