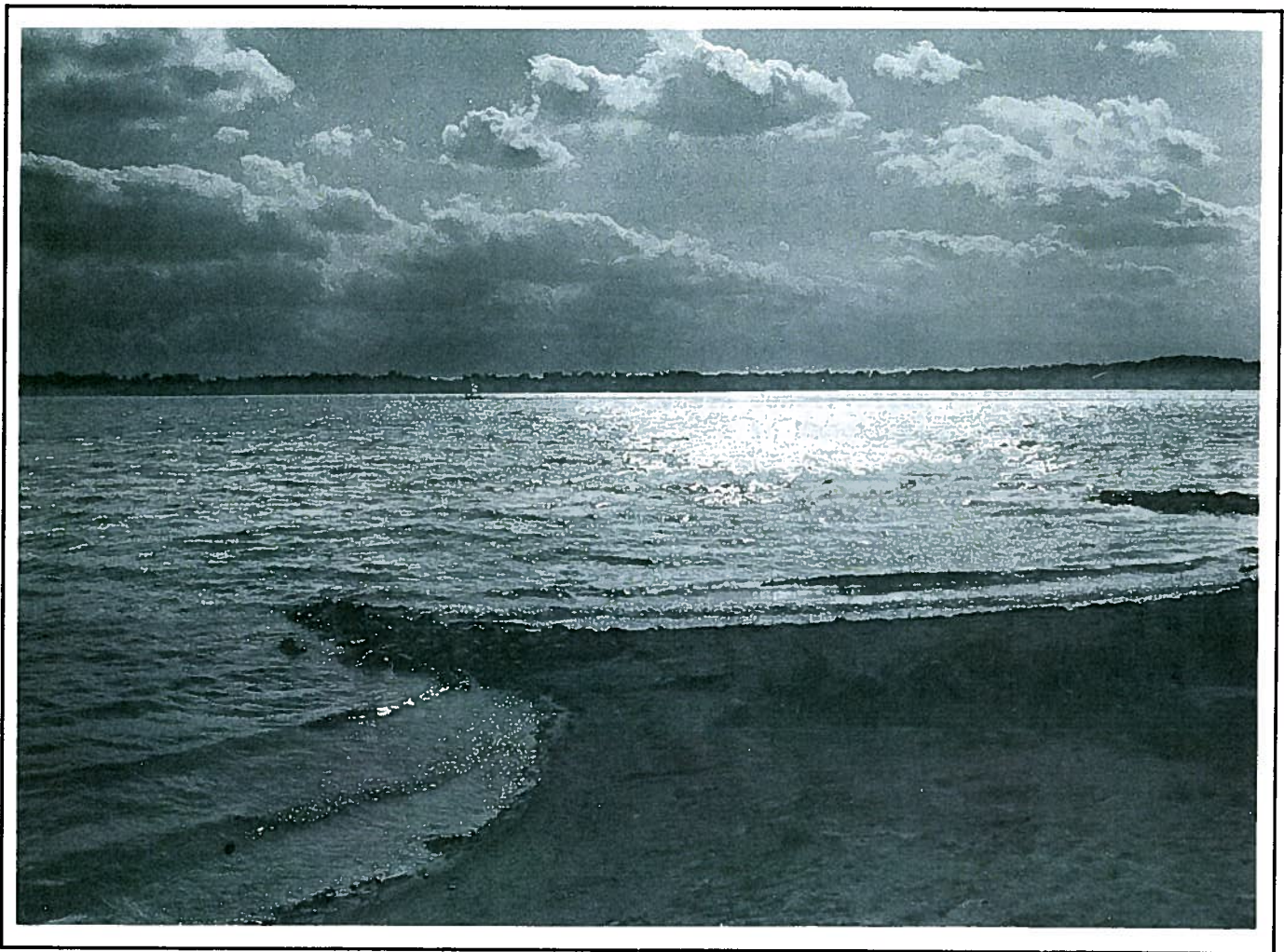




The Rideau Trail NEWSLETTER

*Published by the Rideau Trail Association
Printed on recycled paper
Issue No. 35*

SPRING 1980



UPPER RIDEAU LAKE

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.

Submissions for the next Newsletter are welcome and should be sent by May 1, to Diana Beenen, 341 MacLaren St., Apt. 601, Ottawa, Ontario, K2P 2E2. Phone 236-8230.

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.

ISSN 0709-7085.

TRAVELLING TO BRITAIN NEXT YEAR?

Apprehensive about locating areas in which to hike? Why not try a Guest House which caters to people who enjoy a walking holiday? We have stayed at various places in England, Scotland and Wales and enjoyed the coastal walks of Cornwall, the north Yorkshire moors, the Snowdonia Mountains of North Wales and the highlands of Perthshire. Each of the organizations listed operate over 20 guesthouses. Write for more information to:

H.F. The Holiday Fellowship Ltd.,
142-144 Great North Way,
Hendon, London, N. W. 4 1EG, England.

C.H.A. The Country Wide Holidays Association,
Birch Heys, Cromwell Range,
Manchester M14 6HV, England.

The Cutts Family, Kingston

IN MEMORIAM - WILLIAM STANZAK

We regret to announce the sudden death in January of our Publicity Coordinator, William Stanzak of Ottawa. Bill was keenly interested in the Association's activities and will be sorely missed. We extend our condolences to his family.

FOLEY MOUNTAIN CONSERVATION AREA

Foley Mountain Conservation Area, established by the Rideau Valley Conservation Authority, is located on the north shore of Upper Rideau Lake (see cover) above the Village of Westport in the Township of North Crosby. About 3 km of the Rideau Trail pass through the Conservation Area linking Westport to the Narrows Lock. The 600 acre Conservation Area offers varied facilities and terrain for the Rideau Trail hikers.

The geological features of Precambrian Shield and Limestone Plain of this area created a wonderful variety of living spaces for plants and animals. Lichens and moss cover predominant rock outcrops. Dry scrublands support growth of sumac, juniper, hawthorn, ironwood and beech. White pine tower over alder, aspen and willow. Basswood and cedar cling to rocky slopes, while white oak and maple are well established on rolling slopes and in natural depressions.

Animal life is abundant and includes deer, raccoon, porcupine, mink and beaver. Heron, grouse, hawks and owls are frequently observed.

All of these natural features may be seen while walking on the Rideau Trail and on other trails at Foley Mountain, including the ever-popular Beaver Pond Trail.

At various sites in the Conservation Area, picnic tables and fireplaces supplied with wood may be found. Washroom, fresh water and parking areas are available. There are no user fees.

The beach area is traversed by the Rideau Trail and makes a delightful stop for hikers in summer. There is also a boat dock for small craft and canoes.

In winter the trails provide excellent sites for snowshoeing and intermediate cross country skiing.

The Interpretive Centre, opened in 1973, provides facilities for a variety of educational programs and other activities. The Conservation Area is supervised by a naturalist who is available to groups upon prior request.

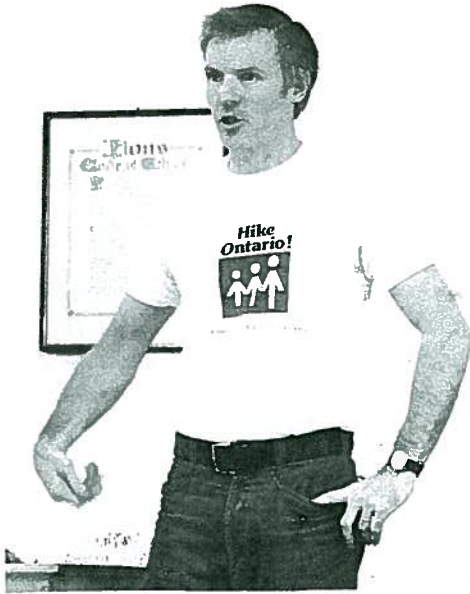
For further information call Foley Mountain Conservation Area at 273-3255 or the Rideau Valley Conservation Authority office in Manotick at 692-3571.

Leanne Kane

HIKEONTARIO!

With your previous issue of the R.T.A. Newsletter, you also received an invitation to participate in Ontario's first-ever hikers' conference, known as "HIKEONTARIO!". At that time the programme was only partially developed, and you may not have been enticed to attend.

Whatever your reaction, take a look at the completed programme provided on the enclosure accompanying this issue. We are sure that it will appeal to all interests and ages. Why not fill out the registration form now and send it off? You are



DOUG KNAPP

Norm McLeod

promised a terrific weekend of learning, participation, and enjoyment for the whole family at a minimal cost.

You might be interested to know that the R.T.A. is a very significant contributor to HIKEONTARIO! The Conference Chairman is Doug Knapp, while the R.T.A.'s treasurer, Al Gamble, is Chairman of the Finance Committee. Both Doug and Al, as well as the rest of a large cadre of volunteers, have put a lot of time, energy and imagination into creating a truly first class conference. Come and help make it all worthwhile.

ANNUAL MEETING

KINGSTON RIDEAU TRAIL CLUB

WHEN: Saturday, April 12 at 1:30 p.m.

WHERE: Christ Church Anglican Hall, Sydenham Road
at Cataraqui.

WHAT'S HAPPENING: Information on the local scene -
short business meeting.

THEME: "Hard Rock, Soft Rock" - learn more about the
geology of our area from Mabel Corlett of Queen's
Geology Department.

HIKES: See first hand the rock formations and geological
features which add variety to the Rideau Trail.

***** SPECIAL PRESENTATION *****

REFRESHMENTS: Homemade Cookies with coffee or juice.

Parking is available in a lot north of the Church and also on
the internal roads of the Cataraqui Cemetery.

KNIVES, HATCHETS AND SAWS

Do you remember why you bought that hunting knife you habitually carry into the woods with you? Would you know what to look for if you had to decide on a new one - or a hatchet or packable outdoorsman's saw? If you really can't say that you would, the following should prove useful in broadening your knowledge of these sporting tools.

Knife blades are made of either stainless or high carbon steel. Stainless is rust-proof but very hard and relatively difficult to hone. High carbon takes an edge easily but is susceptible to rusting. Fine knives are made from both.

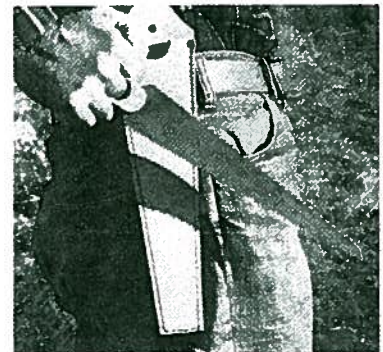
There are three basic types of knives. Fixed-blade (belt) knives have one blade and are used for hunting, fishing and general purposes. Folding lock-blade knives have one blade which locks upon opening. They offer the size of a fixed-blade but are considerably shorter when carried in a belt pouch. They are used for hunting and general purposes. Jack (pocket) knives are the third type. Their forte is their convenient smallness and variety of blades and tools available on one knife. In addition, they'll often handle jobs for which you would expect a larger model. Except for fish filleting knives, a 5" blade is the biggest most people would have a practical use for. You must have at least one whetstone and honing oil in order to maintain a sharp edge. Dull edges are next to useless and definitely hazardous.



Smith & Wesson Survival Knife



Estwing Hatchets



Knapp Sport Saw

Hatchets have either wood handles or one-piece steel head/shafts with grips of various materials. The former are cheaper, somewhat lighter and easier to find, but the latter eliminate completely the problem of loose heads. Check for these two desirable features in wood handles: grains which run their length in straight lines and annual rings which are narrowly spaced on the butt. One model, called the "Skachet" is a knife, hammer and hatchet in one. It is very conveniently carried, because a handle is improvised from a green stick at each use. You must have an axe file and round whetstone in order to maintain a sharp bit. Dull bits are useless and hazardous.

Saws are lighter, safer and less wasteful of wood than hatchets when logs are cut into lengths. The diversity in choice is quite interesting. There is a three-piece folding, self-encasing model (Sven Saw); a double-edged model resembling a carpenters saw carried in a belt sheath (Knapp Sport Saw); a small log-saw model which breaks down and stores in a leather carrying case, and a wire saw with rings at each end for branches and poles.

Mike Cuddihey

WHO'S MINDING THE TRAIL? - (Part 2)

Continuing our exposé of how the Rideau Trail is maintained, begun in our last issue, we shall complete the list of trail maintainers who look after the Kingston to Smiths Falls portion. You will recall that there are at least three uses for this list:

- (a) If you hike a section and find it particularly well maintained perhaps you would like to contact the maintainer to express your appreciation.
- (b) If you hike a section and find the route unclearly defined or some other serious need for maintenance your informing the maintainer would be sincerely appreciated.
- (c) If you are planning an extensive hike you might consider contacting the maintainer of each section for the most expert advice about the current condition of the section.

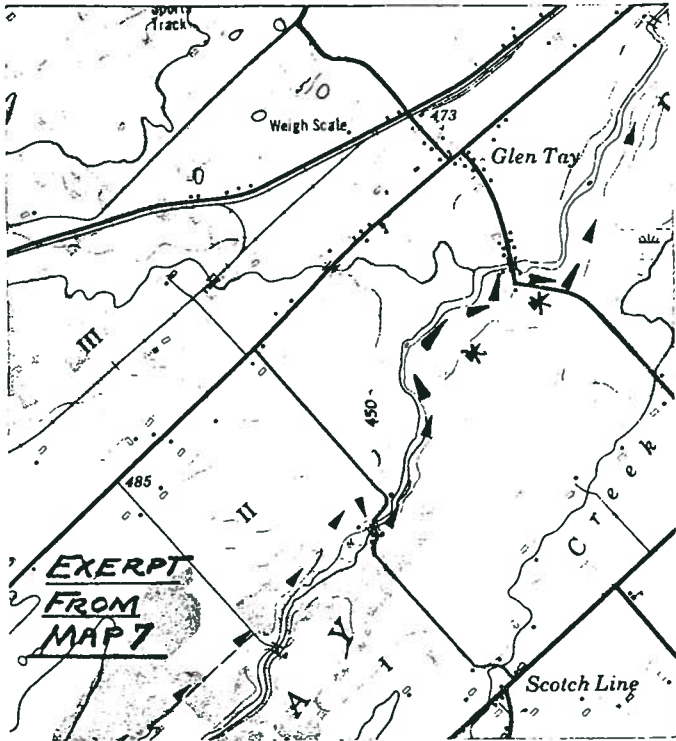
In issue 34 of the newsletter, trail maintainers from Kingston to Bedford Mills were identified. This issue will pick up at Bedford Mills and take you the rest of the way to Smiths Falls. As well, it will include the beautiful Gould Lake side trails, passed by in issue 34.

<u>SECTION</u>	<u>MAINTAINER</u>
18. Famous, Wagon, and East Trails on the east side of Gould Lake.	Bill and Barb Pollock 16 Drummond St., Barriefield, Ontario. 1-613-546-0123
19. Mica Trail (on east side of Gould Lake)	Jim and Caroline Gartenburg 2336 Princess St., Kingston, Ont. 1-613-542-8942
20. Tom Dixon Trail (on east side of Gould Lake)	Dale Myrfield 741 Aylmer Cresc. Kingston, Ont. 1-613-389-4407
21. Crossover Trail and Point Spur (on west side of Gould Lake)	Arne Henrikson, 56 Sherwood Dr. Kingston, Ont. 1-613-544-0465
22. Bedford Mills to Westport	Jim Smith 73 Gore St., Kingston, Ont., 1-613-544-0519
23. Westport to Little Bay on Upper Rideau Lake	David Smith P.O. Box 183 RR 1, Kingston, Ont. 1-613-548-3723

TRAIL REROUTING

It is R.T.A. Board policy to publish in each Spring Newsletter trail revisions which have been made since the last printing of maps. The revisions for maps 2, 8, 9, 10 and 12 have been published previously, but the revisions for map 7 and map 10 on this page appear here for the first time. * indicates cancelled trail sections.

It is planned that new map kits incorporating all changes since 1976 will be ready in the spring of 1981.

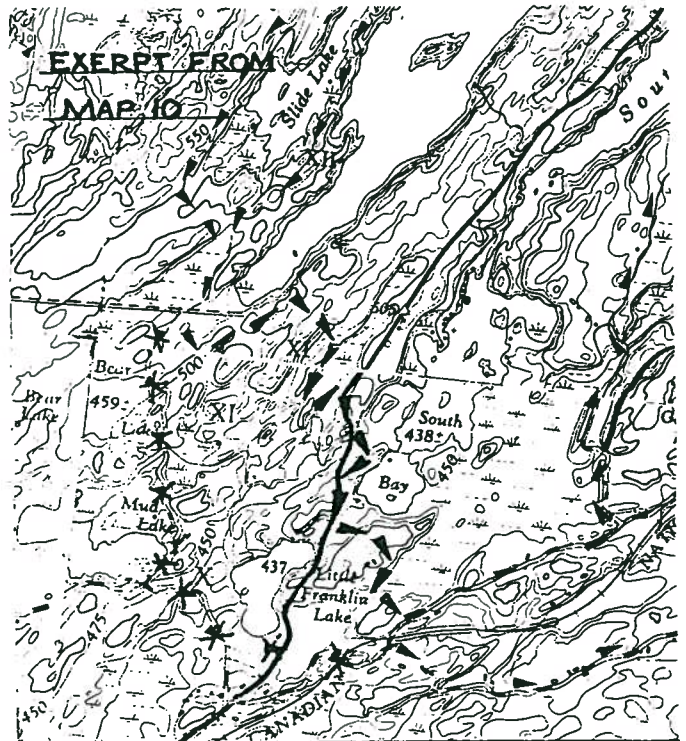


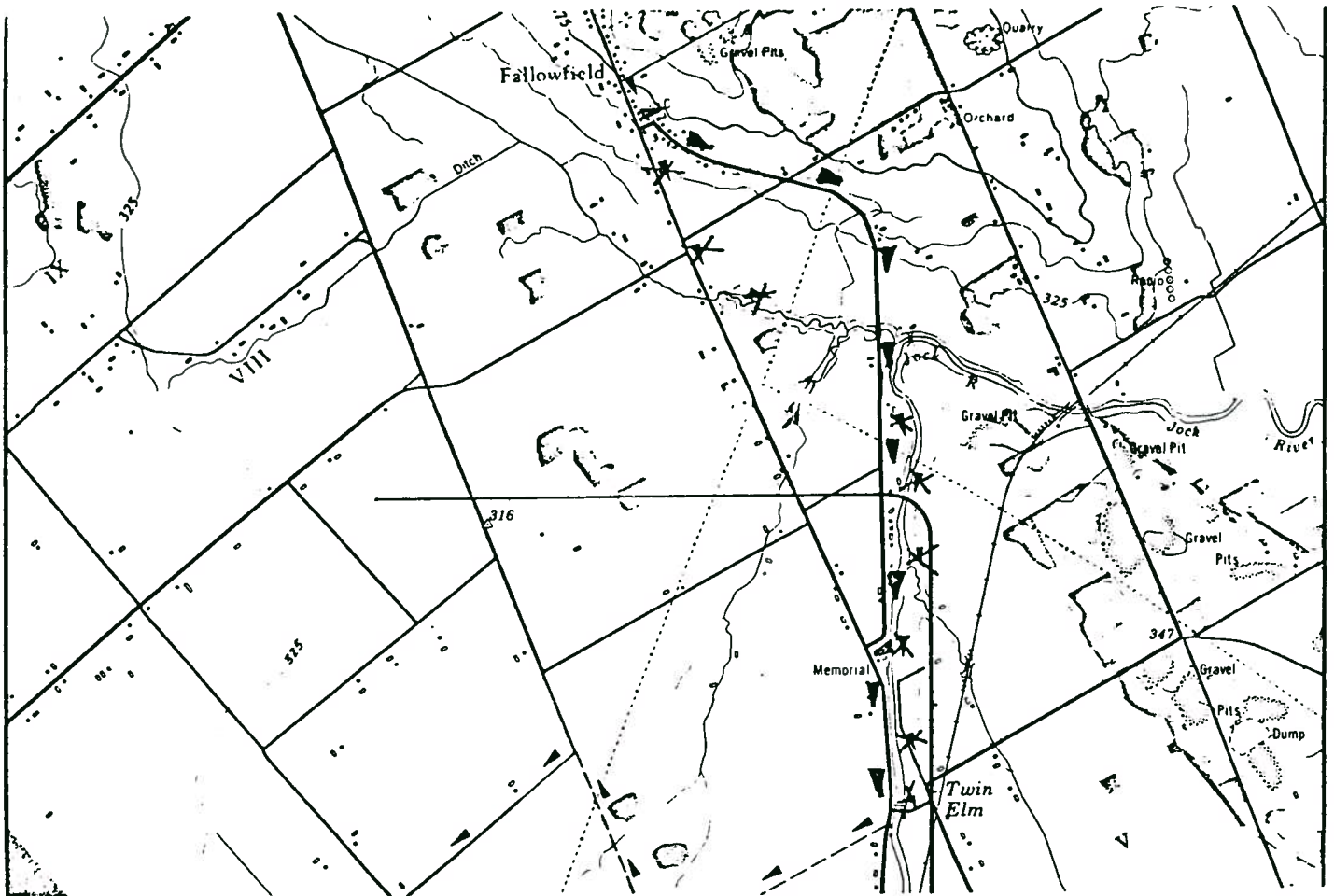
Map 7

There has been a route change west of the bridge over the Tay River near Glen Tay. After leaving the Bowes farm about 1 km southwest of the bridge, the trail now follows the river for another 0.8 km or so, first along a ridge among mature maple and pine trees and then over low ground. The trail then passes through rough bush emerging onto the township road close to the bridge.

Map 10

A short length of new trail has been established to link the new route into Slide Lake and Frontenac Park with the main trail and the Opinicon Loop to the east of the South Bay of Buck Lake. Where the trail from Slide Lake joins the Perth Road the new section follows the Perth Road south for about 200 m, goes east to the Schofield Camp property almost to the lake and follows a camp trail back to the road. After continuing southward another few hundred metres, the trail again leaves Perth Road along a concession road to the east. At the top of a steep hill the trail enters the Ritchie farm via two stiles, drops down by an old mica mine, skirts a swamp and then follows an old wagon trail to the Gold Fish Lake road. The main trail is then to the left (south) and the Opinicon Loop to the right.



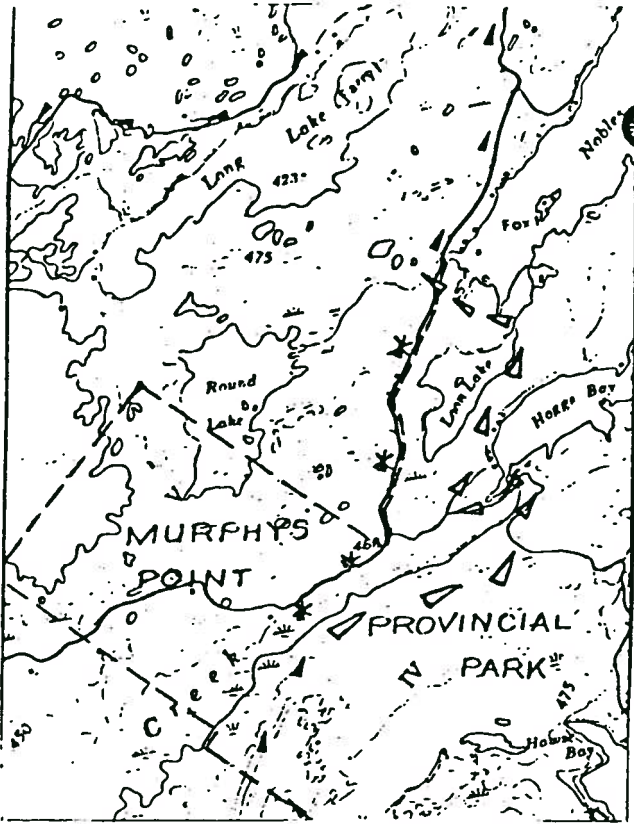


Map #2

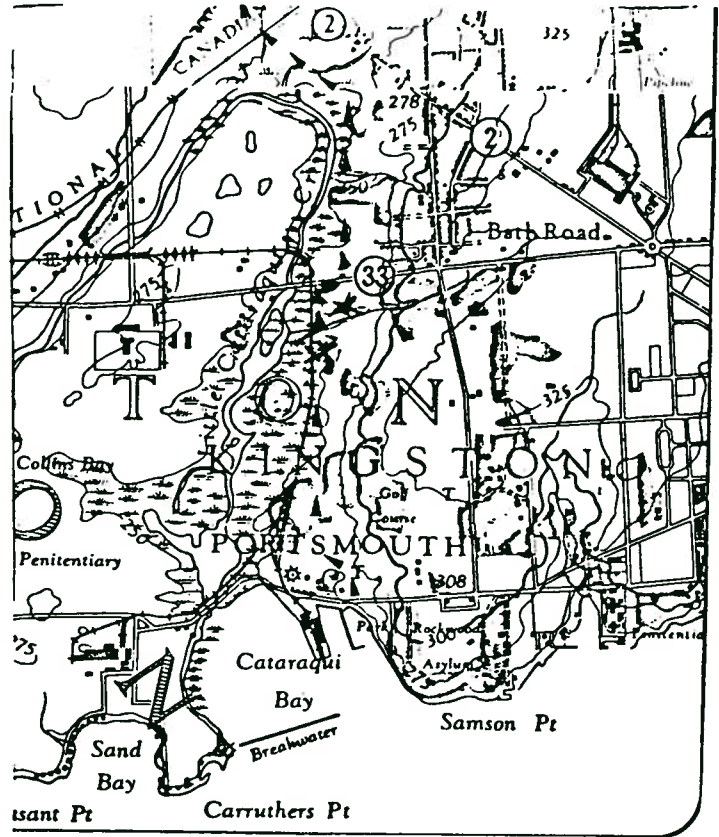
Ott. - King

King - Ott.

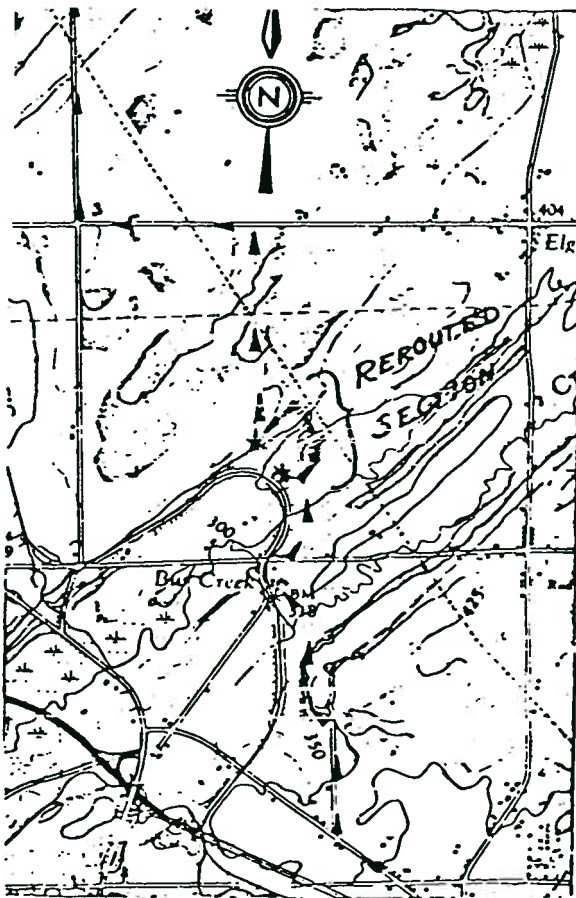
0.0 km	Intersection of Richmond Road (Regional Road #10) with Twin Elm Road from east.	6.4 km
0.7	Historic Cairn. The Fourth Duke of Richmond, Governor of the Canadas 1818-19, died here Aug. 28-1819.	5.7
0.8	Junction of Richmond Rd. and Steeple Hill Cresc.	5.6
2.1	Rushmore Road intersects from west.	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



Map 8



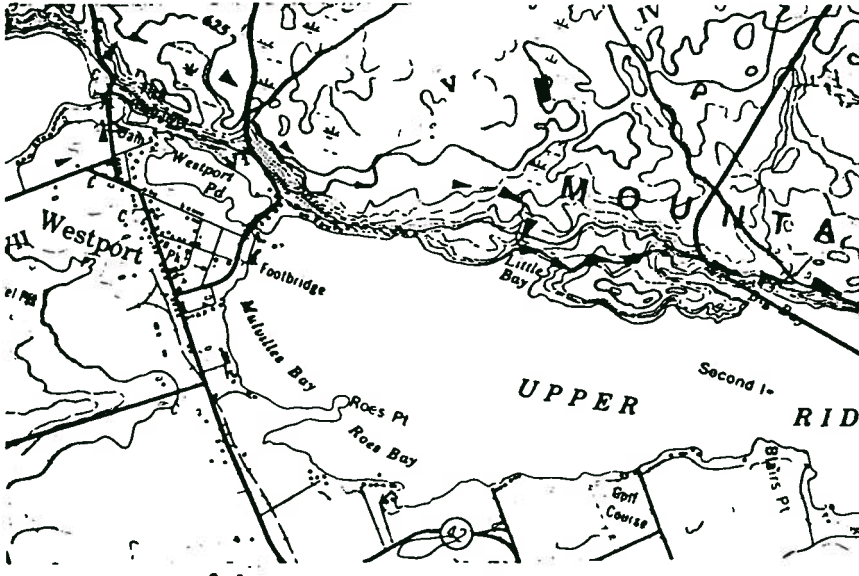
Map 12 Kingston end.



Map 12



Map 10



Map 9, new trail.

WHO'S MINDING THE TRAIL? - (Part 2) - continued from page 6

<u>SECTION</u>	<u>MAINTAINER</u>
24. Little Bay on Upper Rideau Lake to Narrows Lock	Ken Robinson Brockville, Ont. 1-613-923-5455
25. Narrows Lock to southwest boundary of Rideau Lake Park	Bill Moorman Ottawa, Ont. 1-613-733-5694
26. Southwest boundary of Rideau Lake Park (south of Horseshoe Bay on Rideau Lake) to trail junction with main road through Murphy's Point Park at km 19.8 (Kingston to Ottawa measurement) on map 8.	Joseph Rawson 7 Mary St. Perth, Ont. 1-613-267-3865
27. From km 19.8 map 8 (see section 26, above) to departure of trail from road (km 29.8, map 8) north of Long and Nobles Lakes.	Harry McCoubrey 130 Brockville St., Smiths Falls, Ont. 1-613-283-7276
28. From intersection of trail with Grant's Creek (km 0, map 7, Kingston to Ottawa measurement) to east limit of Perth.	Royce Frith Perth, Ont. 1-613-267-3828
29. East limit of Perth to trail junction with road at eastern side of Tay Marsh (km 25.7, map 7, Kingston to Ottawa measurement)	Don Timmins Perth, Ont. 1-613-267- 4151

SECTION

MAINTAINER

- | | |
|---|---|
| 30. From eastern side of Tay Marsh at road (km 25.7 on map 7, Kingston to Ottawa measurement) to Bridge over Tay River at Port Elmsley. | Jean Riddell
Apt. 303, 12 Daines Place,
Perth, Ont.
1-613-267-1276 |
| 31. From Bridge over Tay River at Port Elmsley to western side of Smiths Falls. | Mr. and Mrs. David Brady
850 Canterbury Ave., Apt. 807
Ottawa, Ont.
1-613-521-9654 |

In the previous issue of our Newsletter it was mentioned that no one was currently maintaining four sections. We are pleased to report that in response, volunteers have since adopted sections 10 and 14.

- | | |
|--|---|
| 10. North Slide Junction to South Slide Junction via main trail. | Mr. and Mrs. Klaus Stegemann
293 Albert St.
Kingston, Ont.
1-613-542-5375 |
| 14. North end of Buck Lake to Bedford Mills | Mr. and Mrs. James Sutherland
40 Strathcona Cresc.
Kingston, Ont.
1-613-542-3851 |

Sections 1 and 2 from Lake Ontario to highway 401 still need someone. Won't you consider helping? If YOU are willing or wish further information, please call Doug Knapp, at 1-613-542-2039.

Ottawa, February 5, 1980

TO THE MEMBERS & EXECUTIVE OF RIDEAU TRAIL ASSOCIATION INC.:

I have completed an audit of the records and vouchers of the Treasurer in respect of the period September 1, 1978 to August 31, 1979.

In my opinion (a) the records and vouchers are in good order.

(b) the Financial Statements showing a surplus of \$4,483.51 as of August 31, 1979 is correct.

(c) the statement of Revenue & Expenditures for the period truly reflects the transactions as recorded by the Treasurer.

The membership secretary has been asked to verify the correctness of remittances made to the Treasurer; the Bank where monies are deposited has been asked to verify the balances as at the audit date.

R. Forbes Hirsch
Certified Internal Auditor.

KINGSTON CLUB CALENDAR OF EVENTS

Please mark the dates on your calendar. It is advisable to check with the contact person about weather conditions if in doubt. The reminders are usually in the Kingston Arts Council Column of the Whig-Standard on Thursday evening and in the Outdoors Column on the Community Bulletin Board page in the Saturday Magazine of the Kingston Whig-Standard.

- SATURDAY, March 22 Desert Lake Road into Gould Lake area using trails. Depending on conditions this may be either a hike or a ski trip. Meet at Sears north door at 12:30 p.m. Contact person is Marion Watkins, 389-4354.
- SATURDAY, March 29 Hike in the area of Orser Road and Railton Road. There are woods, streams and farm lands. Maybe the maple sap will be running at this time. Meet at Sears north door at 10:30 a.m. Contact person Cathy Cutts, 542-5414.
- SATURDAY, April 12 KINGSTON CLUB ANNUAL GENERAL MEETING. See page 4.
- SUNDAY, April 20 Frontenac Park: The rugged terrain of the Slide Lake Loop makes this a challenging and spectacular hike. Distance is approximately 13 km and the time about six (6) hours. Please bring a lunch, wear strong footwear and don't forget your camera - the views are terrific. Meet at Sears north door at 9:00 a.m. Contact person is John Harrison, 542-2970.
- SATURDAY, April 26 Explore deep dark caves and take in some beautiful scenery and spring wildflowers, on a hike at Gould Lake (east side). Bring a lunch and wear boots (it may be wet). Meet at Sears north door at 9:30 a.m. Contact Caroline or Jim Gartenburg, 542-8942.
- SUNDAY, May 4 VanOrder Road area: Woodlands, hedgerows, and beaver ponds can be enjoyed on this spring walk. Bring a lunch and meet at Sears north door at 10:00 a.m. Contact person is Harry Dyer, 546-3319.
- SATURDAY, May 10 Westport: Spring flower walk at a leisurely pace in the Foley Mountain Conservation area at Westport. Lunch on Spy Rock with a spectacular view of Upper Ridear Lake and Westport. Meet at Sears north door at 10:00 a.m. or at the lower parking lot in the Conservation Area at 11:00 a.m. Contact person David Smith, 548-3723.
- FRIDAY to MONDAY, May 16-19 HIKEONTARIO! See you in Peterborough. Details on enclosure and in article, pages 3 & 4.

***** MEMBERSHIP RENEWAL *****

Please consult your membership card as to your renewal date. Most memberships expire at the end of March. Use the form on the last page.

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, participants will meet at the West End Shoppers City (corner of Baseline Road and Woodroffe Avenue; meet near the Woodroffe Avenue exit) at the time specified. If you wish further details, please contact members of the Club Executive - Social Convenor, Dorice Joyce, 829-9130; Publicity, Eileen Evans, 741-0789; Diana Beenen, 236-8230.

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

- SUNDAY, April 20 A hike of general interest along the trail in the Burritt's Rapids area (Map 4). This is a very interesting part of the trail passing some beautiful old stone houses. Meet at W.E.S.C. at 9:30 a.m. and bring a lunch. Waterproof footwear might be advisable at this time of year.
- SATURDAY, May 3 An outing to Murphy's Point Provincial Park to hike the trail as it goes through the park (Map 8). This is a good area for birds and wild-life as well as flowers and should be beautiful in the spring. Bring a lunch and meet at W.E.S.C. at 9:00 a.m.
- FRIDAY to SUNDAY, May 16-19 This is the weekend for HIKEONTARIO! See enclosure. Let's get a good contingent from Ottawa - it is sure to be a very interesting and enjoyable weekend.
- SUNDAY, June 1 Come out for a walk along the Old School House Loop to examine the spring flowers and plants with the help of Pat Narroway. This loop goes through varied habitat and there should be lots to see. Meet at W.E.S.C. at 9:00 a.m. and bring a lunch.
- SATURDAY, June 21 OTTAWA CLUB ANNUAL GENERAL MEETING. Reserve this date now, details of place and time will be in the next Newsletter. Lately the general meetings have not been very well attended although this is your chance to take a hand in the running of the club. New people and new ideas are vital for a viable organization; so, come on out and let us have the benefit of your help and ideas.

FOR THE YOUNG AND YOUNG AT HEART

(Editor's note: Following is a page of activities for children, included in an attempt to make the R.T.A. Newsletter a family newsletter. Contributions for subsequent newsletters are welcome. Send yours to the editor of the next issue listed in the masthead on page 2.)

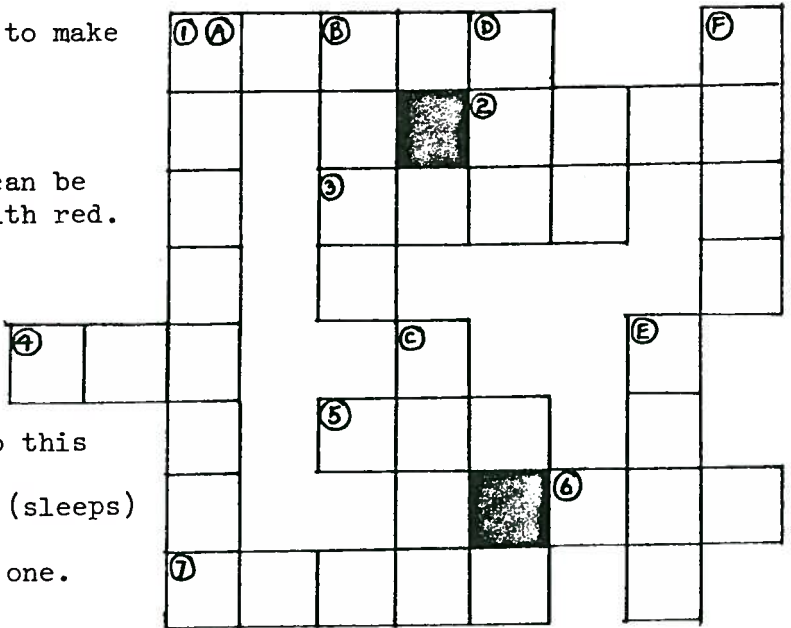
KNOW NATURE CROSSWORD PUZZLE

- Across: 1. Many of these grow in a forest.
2. In the spring when it is windy we go fly a _ _ _ . This is also the name of a bird.
3. Fish do this in the water and so do people!
4. A large bird that flies at night. It catches mice.
5. A noisy blue bird. A blue _ _ _ .

6. A 'mouse' with wings that lives in caves and attics.
 7. The sap from this tree is used to make syrup and sugar.

Down:

- A. A spring flower. The blossom can be white, red, or white striped with red. It is usually white.
 B. North, South, West and _____.
 C. A beaver warns other beavers in the colony of danger by slapping this on the water.
 D. During the winter we don't walk on the trail but we can do this instead. (Except this winter!)
 E. A large animal that hibernates (sleeps) through the winter.
 F. When we camp we often sleep in one.



BE AWARE OF YOUR SENSES

When out on the Trail use all your senses. Fill in the empty spaces. Share your ideas with a friend.

LOOK 	look up look down	e.g. clouds in the sky ants on leaves	
LISTEN 	natural sounds man-made sounds		
TASTE 	sweet sour		
SMELL 	pleasant unpleasant		
TOUCH 	rough smooth		

HIGHLIGHTS OF THE R.T.A. DIRECTORS MEETING

We thought you'd like to know what your Board of Directors is up to. A meeting was held February 9th in Perth from 10:30 a.m. to 4:00 p.m.

See the auditor's report for the last fiscal year on page 11 of this newsletter. It wasn't available at the Annual Meeting last fall. Your R.T.A. treasurer, Al Gamble, has kept the books in excellent order.

Are your R.T.A. maps covered with turkey tracks of corrections? Don't despair. A new updated map kit is in the works, ready, we hope, by Spring 1981.

A reminder! HIKEONTARIO! is May 16th to 19th. Have you sent your registration? Norm McLeod and Cathy Cutts, both board directors, are preparing a slide presentation on the Rideau Trail to be presented at the conference. Peter Andrews, also a board director, is setting up a Rideau Trail display.

How does the Ontario Government view hiking trails like ours? The Niagara Escarpment Commission has just presented a report to the provincial government. The Federation of Ontario Hiking Trail Associations urges trail members to read and comment on this report. It will be discussed at the next R.T.A. Board of Directors meeting. Copies are available free of charge from Niagara Escarpment Commission, 232 Guelph St., Georgetown L7G 4B1.

Celebration! Prepare yourself. Next year is the 10th Anniversary of the Rideau Trail Association.

Jean Riddell
Secretary of R.T.A.

APPALACHIAN TRAIL HIKER

John Kuzniak (21 years old) intends to hike the whole Appalachian Trail starting in late March. He is looking for company. If you're interested contact him at: P.O. Box 7297, Postal Station A, Toronto, M5W 1X9.

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.



If undelivered, please return to:

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



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) Enamelled pin (\$2.50) _____
- (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.