



SPRING 1982



Norm McLeod

The Rideau Trail Newsletter is published quarterly in December, March, June and September by the Rideau Trail Association. The editor of this Newsletter, Liz Harrison, for the Kingston Trail Club, would like to thank all those who have contributed to this edition and also extend a welcome to the new editor for the Ottawa Club: Mark Sims

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All submissions for the June Newsletter should reach Mark no later than May 1.

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

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

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N.B. Ottawa members please take note of your new mailing address.

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THANK YOU, DIANA

We would like to express our thanks to Diana Brebner for the care and hard work she has invested in producing the R.T.A. Newsletter over the past few years. Best wishes for the future, Diana!

***** COVER STORY *****

The Map Kit and the Trail Notes: We think they should go hand-in-hand! You will too. Order your copy of the notes with your membership renewal.

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THE ADVENTURE OF VOLUNTARISM

by Alastair Gamble

"What we require of volunteers is not a compliant dealing with things as they are, but a positive and spirited adventure into what might be."

Georges Vanier

Our late Governor General spoke often of his belief in the importance of the volunteer in our society. That his convictions had an impelling influence can be seen in the dedication of his widow and his son, Jean, to what has become a world wide program for the mentally retarded -- the L'Arche centres.

There is a growing realization that, in our complex society, everything cannot be expected from governments. It has been said that voluntarism is the coursing of life blood through a democracy overcoming barriers of race, creed and colour and the divisions of political and geographic boundaries.

Serving as a volunteer with the Rideau Trail Association or its member clubs, can contribute to the stimulation and enrichment of life for the individual and for all people in the large community we serve.

Voluntarism has been defined as "active citizenship of people who of their own choice try to shape their community for the good of all". It is not a casual activity for those who have leisure time but rather an acceptance of the challenge that each person has a responsibility to improve conditions for those around him/her.

In volunteering, there is normally a healthy meshing of these altruistic motives with the volunteer's self-interests: personal gratification, receiving recognition, a sense of being needed, developing new interests or friends and professional and career development through associating with peers in dealing with the varied and often complex problems of voluntary organizations.

In making a decision to serve as a volunteer, it is important to consider the following questions:

- ¶ Do you support the philosophy and objectives of the organization?
- ¶ What time will it demand and what time do you have available?
- ¶ Do the times and places of meetings and other assignments conflict with your other obligations?
- ¶ What is the length of the commitment?
- ¶ What is your own purpose in volunteering: is the task likely to be interesting, challenging and satisfying?
- ¶ Can you make a useful contribution?

In making a commitment, the volunteer has rights which, although obvious, may be overlooked:

- ¶ To be given an initial orientation which will provide information on the organization as a whole and on his/her particular task;
- ¶ to express his/her constructive ideas and criticisms;
- ¶ to join with other volunteers in effecting changes;
- ¶ to be involved in a real way in the policy and decision making process;
- ¶ to adequate legal protection;
- ¶ to meaningful and satisfying service;
- ¶ to recognition for his or her work; and,
- ¶ to use the volunteer service as a reference.

Accepting service, in turn, entails certain obligations on the part of the volunteer:

- ¶ Promoting the goals and purposes of the organization;
- ¶ attending meetings and being on time;
- ¶ coming prepared by, for instance, having studied the background material; and,
- ¶ co-operating with other volunteers.

The continuation and progress of the Rideau Trail Association and its member clubs depends entirely on volunteers. In this and subsequent issues of the Rideau Trail News, there will be appeals for volunteers for specific tasks. Such an opening can be the door through which you step to a fulfilling experience. You can become part of that "spirited adventure into what might be".

Editors Note:

Al Gamble is Treasurer of the Rideau Trail Association, a director of the Ottawa Bicycle Club and President of the Seniors Employment Bureau of Ottawa-Carleton - a non-profit voluntary placement agency.

OTTAWA CLUB CALENDAR OF EVENTS

Don't forget that this is the Rideau Canal's 150th anniversary. This year, to highlight our connection with the Rideau system, we are arranging a series of hikes in the areas where the Trail and the Canal meet.

Saturday, March 6 Ski to cabin.

Take an afternoon ski to the cabin and stay for dinner around the stove. Then ski out in the evening- hopefully by moonlight! Meet at 2.00 p.m. at W.E.S.C.. Anyone wishing to camp overnight at the cabin should bring their own equipment and food.

--- Phone Elizabeth Mason, 729-6596, by March 4, if you plan to attend. Dinner will be courtesy of the Club.

Saturday, March 27 Pot-luck supper.

Join us for supper and an evening of friendship and fun. Bring slides (limit of 10 per person), a musical instrument or interesting record or tape.

--- Phone Elizabeth Mason, by March 24. Accomodation is limited. Don't leave your decision until the last moment. 729-6596.

Saturday, April 17 Afternoon Hike.

An afternoon hike on the trail through Stoney Swamp. Waterproof footwear is advisable. Bring a snack. Meet at W.E.S.C. at 1.00 p.m. or at Bell High School at 1.15 p.m.

---Phone Eileen Evans, 741-0789, for further information.

Saturday, May 1 Gatineau Hike

A hike in the Church Hill area of the Gatineau. This 10 to 12 km hike features wonderful views over not too rugged terrain. Bring a lunch, Meet at 10.00 a.m. on the steps of the Supreme Court Building on Wellington Street.

--- Phone Joe Pater, 733-7624.

Saturday, May 15 Family Outing

This will be a family outing. We hope to see the first flowers and birds of the season. Bring a lunch and insect repellent. Mystery tour. Meet at W.E.S.C. at 9.30 a.m.

---Phone Shirley Simpson, 828-1679, for further details.

Sunday, May 30 Work Party to Cabin.

Come out and help us do the "spring cleaning" at the cabin. We need lots of helpers. Meet at 9.00 a.m. at W.E.S.C.

--- Phone Ron Hunt, 746-1150 if you wish to volunteer your services.

Sunday, June 6

CANAL HIKE #1

A hike in the Kemptville area is planned. Meet at 10.00 a.m at W.E.S.C. Don't forget your lunch.

---Phone Bill Grant, 820-0697, the leader for this hike.

Sunday, June 13

ANNUAL GENERAL MEETING

Come to the Annual General Meeting - this is your chance to participate in the business of the Club and make your views known. Meet at W.E.S.C. at 11.00 a.m , or at the cabin at 12.00. Bring a lunch!

--- Phone Eileen Evans, 741-0789, for further details.

N.B. W.E.S.C.- West End Shoppers' City, Baseline and Woodroffe, in front of Coin-Op dry cleaners - west side.

OTTAWA MEMBERS! You are needed

The Annual General Meeting is coming up on June 13. There is room on every committee. On-the-job training and fringe benefits are included.

Specifically, at the present time, we need someone to construct a portable display board which can be transported to meetings and shows to advertize the club and all our activities. There is material available for use, it will just take imagination and a little time.

Volunteer your services NOW. Phone Dorice Joyce, 829-9130.

Come on, let's see what we can do to put ourselves on the map!

OVERDOING IT ... The dangers of overexertion.

A few years after I took up hiking, I resolved to cover twenty miles in one day.(This seemed possible, you understand.) Being unsupervised, there was nothing to temper this ambition, and I set out from north of Richmond intending to reach the first water source south of the cabin in the Ottawa-Carleton Forest.

Everything went well until I got a good way back in the woods and ran out of water. It was a hot day and ,having no choice but to continue I ended up putting too much strain on my knees.For months afterwards, I suffered some real pain. It has since lessened, but I know that my knees will always be a source of trouble for me.

Those who show up for my funeral will undoubtedly note as a major feature of my life that I always had to learn the hard way that you don't do things in certain ways - but that I did invariably learn.

Mike Cuddihey

KINGSTON CLUB - SPRING HIKES

Wednesday, April 7

North of Elginburg Road

A pleasant walk through fields and woods. North of the Elginburg Road are some interesting geological formations. Meet at Sears North door at 1.30 p.m.

--- Phone Cathy Cutts, 542-5414.

Monday, April 12

Foley Mountain

Walk from Foley Mountain Conservation Area at Westport to historic Narrows Lock. The Rideau Canal is celebrating 150 years of existence; Narrows was a ford on the Kingston to Perth road before construction of a dam. Meet at Sears North door at 9.30 a.m.

--- Phone Cathy and Don Cutts, 542-5414.

Saturday, April 17

Gould Lake

Come and enjoy a Spring hike on the east side of Gould Lake. Meet at Sears North door at 9.30 a.m. Wear boots and bring a lunch.

--- Phone Caroline Gartenburg, 542-8942.

Sunday, April 25

Slide Lake Loop

The rugged terrain and high ground make this a challenging and spectacular hike. The distance is 13 km. and the time about five hours. Bring a lunch and wear good footwear. Meet at Sears North door at 9.00 a.m. Everybody is welcome.

--- Phone John Harrison, 542-2970.

Saturday, May 1

Annual General Meeting

Come and meet your Club Executive at this years A.G.M. to be held at Schofield Camp, North of Perth Road Village. See further details at the end of this section.

--- Phone Cathy Cutts, 542-5414, for more information.

Wednesday, May 5

North of Van Order Road

Spring flowers should be blooming in the woods and pastures on the section North of Van Order Road. Meet at Sears North door at 1.30 p.m.

--- Phone Emma Martin, 542-1594.

Sunday, May 9

Bullen Road to Elginburg Road

This trail section contains several unusual points of interest such as two granite islands protruding through a sea of limestone, two small waterfalls, a disappearing stream, collapsed limestone caves and a dry aqueduct. Hikers should meet at Sears North door at 1.30 p.m. or where the trail bears West from Bullen Road at 1.45 p.m.

--- Phone Johanna Koeslag, 549-7502.

Saturday, May 15

West Frontenac Park:

Join us for a hike along the new rerouted section of trail from the west entrance of Frontenac Park to Doe Lake and return. This is an easier trail than the one it replaces but is very pleasant and scenic. Meet at Sears North door at 10.30 a.m. Don't forget your lunch and a camera if you are a photographer. Let's also meet for refreshments after the hike at a mutually agreed on place.
--- Phone Arne Henrikson, 544-0465.

Wednesday June 2

South of Van Order Road

The section south of Van Order Road has agricultural land, hedge-rows and woods to enjoy at a leisurely pace. Meet at Sears North door at 1.30 p.m.
--- Phone Cathy Cutts, 542-5414.

KINGSTON CLUB A.G.M.

Date: Saturday, May 1

Time: 10.00 a.m.

Place: Schofield Camp; 3 km. north of Perth Road Village.
Take Division Street north.

Programme: Meet the Club Executive.
Short Business Meeting.

Guest Speaker

Ron Giesbrecht and two companions spent more than three months hiking part of the Pacific Crest Trail in California and Oregon. He will show slides and tell of his experiences.

Picnic Lunch: Don't leave home without it!

Hikes: Choice of hikes on a scenic section of the Opinicon Loop or to the cabin in Frontenac Park.

Refreshments of homemade cookies, coffee and juice will be available.

OSSIE STUDD

We regret to announce the death of Ossie Studd who had been a member of the Kingston Rideau Trail Club for six years and had recently been a member of the local executive. We extend sincere sympathies to Ruth his wife, and his family.

CENTRAL COMMITTEE - RIDEAU TRAIL ASSOCIATION

With the enthusiastic support of the R.T.A. Executive, a new Rideau Trail Club has been formed. Eleven R.T.A. members who all live in the Perth-Smith Falls area met on January 19 to inaugurate the new club, to be known as The Central Committee of the Rideau Trail Association. Richard Cross of Perth, second Vice-President of the R.T.A. was named Chairman. No other officers were named.

The first major goal of the Central Committee will be to re-route the Rideau Trail between Murphy's Point Provincial Park and the town of Perth. Much of the trail in this area now follows heavily travelled roads. Two possible routes are being considered. Members of the Committee will examine the southerly route on Saturday, April 17, and the northerly route on Sunday, April 18. When the preferred route has been chosen and landowner permission granted, work parties will clear and blaze the newly-routed trail. The Committee hopes to have the new section open to hikers by July 1.

The objectives of the Central Committee will be as follows:

1. To maintain the local trail from Murphy's Point to Port Elmsley.
2. To establish and construct the local trail-route, selection, negotiation with landowners, and trail construction.
3. To organize occasional activities as the need is perceived and interest seems to warrant.
4. To maintain liaison with local landowners.

Present at the meeting on January 19 were Brian Gilhuly, Mark Maeers, Jean Riddell, Marg McLeod, Suzan Milburn, Giles Dechants, Royce Frith, Gerry Geddes, Barb Rance, Jennifer Dickson, and Richard Cross.

CAN YOU HELP?

The R.T.A. Executive intends to conduct an inspection of the entire trail this year, to assess its general condition. We would like to have a person walk over every part of the trail, checking its condition, suitability of location, ease of use and quality of marking. By keeping notes, this person could give the Association a detailed report, section by section, of the condition of the entire trail.

The problem, as always, is how to get someone to do the job. It would be wonderful if someone would volunteer to do the entire survey this summer, however this will probably not happen. A more reasonable possibility is to have several people volunteer to take a section of the trail and hike over it during their vacation, providing us with the necessary notes. Other options are to hire a student to do

the job, or offer to pay the expenses of a person who would hike the trail and give us a report.

The project will be co-ordinated by Larry McCurdy and a definite decision on how to conduct the inspection will be made at our next Association Executive meeting in April.

If you can help us, please contact Cathy Cutts in Kingston (542-5414) or Al Gamble in Ottawa (729-5056), or write to the Association at our box number.

WE HAVEN'T FORGOTTEN

At the Annual Meeting last September a very successful seminar was held to collect direct input from the membership. The primary purpose was to get the members involved in setting priorities for the next decade. A large amount of information was generated and recorded at the time, and this information has been carefully analysed by the Board of Directors.

The membership were very concerned about the future of the organization and indicated that there were four areas which should be given special attention in the coming years.

1. Maintenance of the trail.
2. Routes and Negotiation - improve the trail.
3. Publicity.
4. Maintenance and expansion of membership.

Members suggested many ways in which our efforts in these areas could be improved.

An analysis of this information and a summary of suggested solutions was discussed at our Board meeting in January and passed on to the local Trail Clubs. In addition the Board of Directors will discuss specific initiatives in the four identified areas at the next Board meeting. The Board of Directors is very grateful for this input from the members and we hope to have some concrete results to report at the next A.G.M.

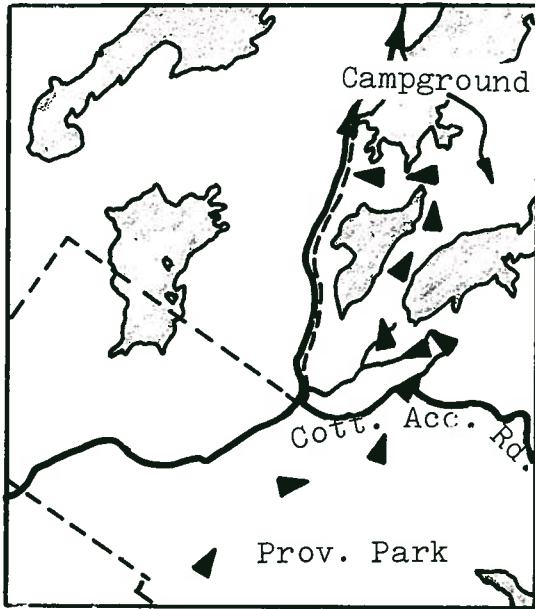
TRAIL RE-ROUTING

Murphy's Point (Rideau Trail Map 8)

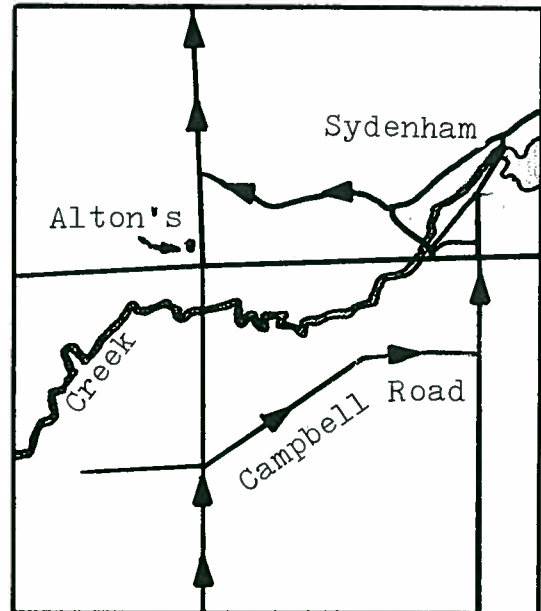
At Murphy's Point a road section has been replaced with a 2 km trail through the Provincial Park. Heading towards Kingston, the Rideau Trail now leaves the township road at the park entrance, follows the park road to the gatehouse, takes a turn to the South along a

wide trail through woodland and picks up the former trail south of the Cottage Access Road. Hikers are welcome to use the park facilities: toilets, change room, beach and the park hiking trails. The area around Hogg Bay has a history dating back to the early 1800's.

Thanks are due to Paul Wootton and Steve Flynn for their interest in having the Rideau Trail in the park and for their help with the re-routing.



From Map 8



From Map 11

Sydenham (Rideau Trail Map 11)

Millhaven Creek has now flooded out the Rideau Trail just south of Alton's on County Road 5. The section from the County Road to Campbell Road is impassable. Until a new route is established, hikers are advised to take the "Gravel Pit" road into Sydenham and the Campbell Road back to the trail.

Frontenac Park (Rideau Trail Map 10)

This Spring the Rideau Trail markers from Pond Junction to Camel Lake will be removed (see the article "The Rideau Trail in Frontenac Park" in the Fall 1981 Newsletter and Map 10 in the new Map Kit). The Rideau Trail in Frontenac Park will then consist of the main trail from the Salmon Lake Road to Perth Road (via Pond Junction, Rock Junction and South Slide Junction) and the Slide Lake Loop. An extensive set of hiking and X-country ski trails is being developed in Frontenac Park by the Ministry of Natural Resources.

THE TRAIL END-TO-END - TWO ATTEMPTS

As 1981 was the tenth anniversary of the Rideau Trail I decided to dust off my pen and write about two attempts we made to walk the Trail end-to-end.

First Attempt

This took place at the end of August, 1975. David McLeod and I were both active members of our high school outing club and had dreamed for some time of walking the Trail end-to-end. We had both received hiking equipment for our sixteenth birthdays and were anxious to try it out. After weeks of planning and innumerable equipment lists we felt ready. Early one morning we set out from the end of the Trail near the grain elevators at Kingston.

By night fall we had made it to Orser Road. I had discovered during the day that my borrowed canvas A-frame pack was not designed to carry 50 lbs. and remain comfortable. We camped in the bush behind a newly-constructed bungalow, and the owner helped us build a fire and set up our 'tube-tents' (clear plastic sheeting ironed together into a cylinder). From time to time he would send his son to the house to 'fetch a cup of tea'. As our host became more and more erratic in placing firewood his son revealed that the 'tea' was whisky and ginger ale. Soon the flames from the fire were reaching over our heads and my tent began to melt. We cooked dinner on our campstove.

We left early the next morning with an additional 10lbs of garden vegetables that our host had graciously given us. By mid-afternoon we reached Gould Lake barn, where we ate lunch and had a swim. We camped that night on a ridge on the west side of the lake.

On the morning of the third day we awoke to find that hundreds of centipedes had invaded our gear (we were still finding them in our packs three days later). After a hurried 'debugging' we continued hiking. About noon we reached the entrance to Frontenac Park. We walked quietly through the deserted scout camp at Otter Lake and stopped for lunch on the ridge overlooking Doe Lake. The heat and the flies were, together, unbearable. By the time we reached Mink Lake we'd had enough and decided to set up camp. It was so hot that we elected not to set up our tube-tents. About midnight a thunderstorm began with lightning flashing all around our outcrop. We dragged all of our gear down to the lakeside and I fell, badly twisting my hip. (It still bothers me today) Everything we had was soaked.

The next day we walked out to Perth Road and decided to hitch-hike to Westport where we would be able to dry our gear. (We had both walked the intervening section of trail on previous trips.) The fellow who picked us up, drove us into town at about 110 m.p.h. and we pried ourselves out of the car in front of the local laundromat. That night we stayed with friends of David's parents.

The morning of the fifth day saw us rejuvenated and ready to press on. At first we made good progress but began to slow down as the trail

deteriorated (beavers had done in a lot of the markers). We ate lunch by the side of the road overlooking Horseshoe Bay, and made mooing noises to the cows in the valley below. I discovered that our three pounds of back bacon had begun to rot in the bottom of my pack and had to be thrown out. We camped that night by an old cabin in a farmers field. We were awoken at 2 a.m. by the sound of a porcupine trying to chew through the door of the cabin. Later I had a nightmare about being run over by a herd of cows.

Our sixth day was the best in terms of distance covered. Lunch was served under some cool pines in a graveyard near Scotch Line. By nightfall we had reached the Tay River south of Perth. We camped in an abandoned chicken coop by the side of the river- very comfortable. The last thing I remember before falling asleep was seeing David's hand shadowed on the ceiling as he popped blisters by flashlight.

The next day we reached Perth by noon and ate ice cream bars on the steps of the town hall. Just outside of Perth we lost our water bottle and began to get very thirsty. We came to a place where the canal tow-path was breached and had to cross in water up to our waists. David lost his footing and fell in, soaking himself and his pack. My hip was really bad and David's blisters were refusing to heal. Just outside Smith Falls we decided to quit. We called home from a farmhouse and within a few hours David's brother had arrived to pick us up.

Lee Groat

- Space does not permit us to continue with the saga in this edition. The second attempt will appear in a later Newsletter. Was that one successful? Make sure you receive your Newsletter by renewing your membership now and find out.

BEWARE OF THE WESTPORT L.C.B.O.

My goal in 1981 was to hike the Rideau Trail from Ottawa to Kingston. By October I still had a good third of the trail to complete. I planned my weekends carefully. One weekend I decided to spend both Saturday and Sunday out-of-doors and to this end I stayed at a cottage on Rideau Lake overnight. Saturday had been a perfect hiking day- sunny and warm - but Sunday was another story. I awakened to cloudy skies and a rain that threatened to drizzle all day. I thought more than once of packing up and going home, but I'd spent the night away so that I would be closer to the next section of the trail. I had to hike!

Westport to the Narrows Locks was my aim for the day. I left my bicycle at the locks and parked the car in Westport. As I started out up Foley Mountain I wondered whether any other fool would be out hiking that day. But as I climbed higher and smelt the pine woods I knew that not even a cold, rainy, windy day could spoil my enjoyment of the area. The view out over Rideau Lake and the sleeping village

of Westport was superb. I could have stayed and admired the scene for hours. Have you ever lunched at Little Bay with the wind beating a tattoo on your back and your lunch threatening to take flight with every gust? I have. Some hours later I reached the Narrows L cks. Next part of my trip was to pedal back to Westport. If I was wet when I arrived at the locks then I was drenched when I finally got back to the car.

For once in my life I had a complete change of dry clothes with me and I hurried into them. As I sat resting in the car, munching my last snacks and studying the map, a car pulled up beside me. Who else would park in front of the liquor store on a Sunday afternoon I wondered. A stealthy glance to the left answered my question. It was the police. Now I was in for some questioning. I rolled down my window as the officer approached. He quizzed me on what I was doing there. When I told him that I had been hiking and had just bicycled back to the car, he asked a most peculiar question. "You mean you pushed your bicycle along the trail with you and then rode back?" Can you imagine anyone doing that on Foley Mountain? I explained how I had arranged my trip and he, figuring no one could make up such a story, believed me and departed.

But that policeman left me wondering. What did he think I was doing parked there? Perhaps he suspected I needed a drink and was about to help myself to the stores in the L.C.B.O.. Or had I chosen the local hangout as my parking spot? I am still wondering.

Elizabeth Mason

THE COMFORTABLE DAY HIKER

by Terry Fuchs

Once upon a time, not so long ago, my preparations for a day of hiking consisted of putting on a pair of running shoes, grabbing whatever jacket the temperature demanded, and heading out. I smile about it now, but I was fortunate; I didn't sprain an ankle or unexpectedly have to spend a night in the bush. You still meet people on the Slide Lake Loop or the rugged northwest shore of Gould Lake, with its ravines, slippery cliffs, switchbacks and swamps, in running shoes and carrying nothing more than their lunch. And most of them will be fortunate and never twist an ankle or have to spend the night in the bush.

But I think anyone who has hiked in either of those spots has flirted with the thought of a fall, a sprained ankle, or even a broken leg. An accident is possible regardless of how well prepared you are, but proper footwear, clothing, and equipment can reduce the odds of a mishap and, if one does occur, can alleviate the severity of the consequences. Some friends of mine who underestimated the length of the Slide Lake Loop last fall and got out to the Perth Road just at dark know how easily you can wind up spending the night in the bush. With

a few preparations beforehand in the matter of clothing and gear, it still may not be pleasant but at least it may be more comfortable.

In this article, then, I propose to take a look at a day-hiker's clothing and equipment, from the ground up. What I have to say is based on my reading, discussions with other people, and my own experience. It is never my intention to be dogmatic; there is no final word in any of this. Much of it involves personal preferences and inevitably the preferences of individuals vary.

BOOTS

Let's face it: boots are expensive, but it's no place to cut corners. They should be high enough to give your ankles support and you should lace them up right to the top, to take advantage of that support. Late last fall I jumped across some boggy ground in Frontenac Park and landed wrong on the other side. My foot twisted but my high boot laced to the top, saved me a badly sprained ankle or worse.

A lot of people wear Kodiak or imitation Kodiak boots - I do myself on occasion- but I find the sole somewhat slippery in the bush. I prefer boots with Vibram soles. They're the ones with the heavy black lugs and the little yellow octagon under the instep. One drawback of Vibram soles is that, in heavy use areas, those tractor-tread lugs can cause environmental damage. The company that makes them has responded by developing a low-impact tread but I don't know if it's available around here yet.

Of course, a boot will not save you a wet foot if you slip off a fallen log into deep water. However a wet boot will slop around on your foot less than a wet low-cut running shoe will. That sliding causes friction which causes blisters. Last summer on a canoe trip in Maine I wore sneakers in the canoe and, at the beginning of a portage, didn't change into more substantial footwear. I couldn't be bothered opening my pack. Well, we slogged through more than a mile of mud and water and at the end of it I had a slipping, slopping sneaker full of water and coarse, gritty mud. (Our guides said that for Maine it was a pretty dry portage.) We had to walk the trail a couple of times to get all our gear across and by the time we were finished I had a big white swollen blister on my big toe. Some bandaids, the ones I had with me, do not stick to wet feet that are shrivelled up like prunes.

It would have helped if I had worn socks under my shoes and you had better wear them under your hiking boots. Wool, if your skin can stand it. A thin pair with a heavy pair over top make a nice combination that cantake me right into winter and cross-country skiing. I always carry an extra pair of heavy wool socks in my day pack and when I'm cross-country skiing I carry an spare pair of the thin ones too.

...../ to be continued.



If undeliverable, please return to:

Rideau Trail Association
Box 15
Kingston, Ontario
L7L 4V6
Canada



MEMBERSHIP RENEWALS AND MAP KITS

Your membership provides the financial support essential for the continuous maintenance, improvement, extension and protection of the Rideau Trail network. A new edition of our map kit is now available. As well as being updated, the kit lists more than 20 campsites between Ottawa and Kingston.

**Map kits are sold to members only.*

Membership.....	\$5.00
Senior Citizen.....	3.00
Map Kit*.....	4.00
Crest.....	1.00
Enamelled Pin.....	2.50

Donation

(Tax receipts sent for donations over \$5.00)

Name _____

Address _____

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