



The Rideau Trail NEWSLETTER

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The Rideau Trail Newsletter is published quarterly in December, March, June and September by the Rideau Trail Association. The editor of this issue is Johanna Koeslag for the Kingston Rideau Trail Club.

Submissions for the next Newsletter are welcome and should be sent by November 1, 1983 to Mark Simms, R.R. #1, Manotick, Ontario, KOA 2N0. Phone: 822-6655.

The Rideau Trail 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.

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Rideau Trail Hiking Song *

Through the brush
Through the brake
When the day is first awake
We hikers go marching along.

Over hill
Over dale
Along the Rideau Trail
We hikers go stumbling along.

In spring and fall
You'll hear our merry call
"Come out, you hikers, come on out!"

So put on your pack
On your sturdy back
And for fun you'll never lack
As we hikers go striding along!

HIKE!

*Sung to the tune of the USA Artillery Song.
Words by Moira Drummond



Cover Photo by Norm McLeod: Members of the Kingston Club gingerly cross logs on the trail into the Slide Lake cabin, March 12, 1983.

Oposite Photo by Boris Mather: Hikers on the trail from Narrows Lock to Foley Mtn. on the joint Ottawa-Kingston excursion, May 29, 1983.

**Murphy's Point Provincial Park
July 18 to 22, 1983**

Eighteen members of the Kingston Chapter of the RTA gathered at Murphy's Point Provincial Park in tents, campers and trailers for five days of camping, hiking, canoeing and rock hunting. The weather certainly co-operated and only one brief shower was experienced during the entire week.

Tuesday, which certainly must have been the hottest day of the year, was spent hiking the southern part of the trail from an access point near Bass Bay into the heart of the provincial park. Tom Kadditts earned the hero of the day award for hiking this very rugged part of the trail with his right leg in a cast and assisted only by his wooden crutch. Norm McLeod gave a showing of RTA slides at the park's evening program.

Wednesday morning Cathy and Donald Cutts led a hike on the northern portion of the trail leading towards Perth. Two Bruce Trail members from Oakville, Norman and Marilyn Young, joined in on this delightful hike. During the afternoon the marine division of the RTA under the leadership of Admiral Arnold Pitman canoed the area of Hoggs Bay. Erna Smith joined our group that afternoon after cycling from Kingston over rather hazardous road conditions.

Thursday morning our group explored one of the hiking trails within the park. The afternoon was spent swimming and canoeing by some, while our "rock hounds" Norm and Tom, searched some of the numerous mines in the area for rock samples. During the evening campfire, Moira Drummond made a hit with the younger members of our group by introducing them to the art of "S'MORE" roasting.

Unfortunately, Friday signaled the end of our five day adventure when some members of our group had to return to Kingston. During the evening campfire with those who remained, it was mentioned that this could well develop into an annual outing. All agreed that the fellowship during the five days made this a week that will always be remembered and treasured.

**Highlights from the RTA Directors
Meeting held in Perth, July 17, 1983**

1. A sub-committee composed of Cathy Cutts, Richard Cross and Ron Hunt was formed to review the updating of the Map Kits and Trail Notes. It was agreed that the local clubs are responsible to see that all natural and historical information is up to date and that all measurements for the newly rerouted sections are completed.

2. The Kingston Club reported the successful completion of the Rideau Trail run by Bob Tysen. Bob ran the complete trail from Ottawa to Kingston in slightly less than four days during the wettest time of the year, last May.

3. The Ottawa Club will be hosts to the Hike Ontario (F.O.H.T.A.) directors who hold one meeting a year in a location other than Toronto. This event will take place September 17-18, 1983 and all Rideau Trail members are invited to participate. See details on page 8.

4. Representatives from each club commended the fine efforts made by the many volunteers who made "Go to Blazes" day so successful.

5. In July, Pearl Peterkin convened a meeting of Routes & Negotiations people to study the philosophy behind our routing decisions. A report of this meeting was not yet available.

6. The Ottawa and Kingston Clubs each reported on successful annual general meetings held in the spring.

Trail Maintenance Day

The Ottawa Club fall maintenance day this year will be on Saturday, November 19th. All individuals and groups who can contribute to the health and cleanliness of your trail, in exchange for good companionship, healthy exercise and invigorating fall air, are invited to come out. Please see the Ottawa calendar on page 4 for details.

Ottawa Hikes

Sunday, Sept. 11. Foley Mountain

Hike from Rideau Lake Park into Murphy's Point Park. Bring your swim suit and a lunch. Meet at W.E.S.C. at 10:30 a.m.

Leader: Jim Fish, 226-7236

Saturday, Sept. 17. Gatineau Hike

Hike 16 km to Macdonald Bay on Meach Lake. If the weather is still warm, bring a swim suit as well as a lunch. Meet on the steps of the Supreme Court Building on Wellington St. at 10:00 a.m.

Leader: Joe Parton, 733-7624

Saturday, Sept. 24. A.G.M.

Don't forget the A.G.M. See details on page 8. Reservations for dinner should be made immediately -- that means now! Meet at W.E.S.C. at 9:00 a.m.

Contact: Elizabeth Mason, 729-6596

Saturday, Oct. 1. Wood Gathering

We need plenty of wood stored at the cabin for this coming winter. Help us collect, cut and split a winter's supply. Meet at W.E.S.C. at 9:00 a.m. Bring your lunch.

Leader: Ron Hunt, 746-1150

Sunday, Oct. 2. Shaw Woods Outing

Shaw woods is a few acres of virgin forest where probably the biggest trees in Ontario are growing. This will be more of a day trip than a hike. A 2 1/2 hour car ride each way is involved. Bring a lunch and plan to spend the entire day. Meet at W.E.S.C. at 8:30 a.m. Leader: Albert Dugal

Contact: Elizabeth Mason, 729-6596

Sunday, Oct. 16. O.F.N. Joint Outing

Enjoy the flora of the school house loops while chatting with friends from the Ontario Field Naturalists. Bring a snack and something to roast over an open fire after the hike. Meet at W.E.S.C. at 10 a.m. Leader: Eileen Evans, 741-0789

Sunday, Oct. 23. Earth Star Loop

Hike 8 km on the earth star loop and part of the main trail. Bring a lunch. Meet at W.E.S.C. at 10:00 a.m.

Leader: Merv Brown, 226-5648

Saturday, Oct. 29. K & P Trail

In June we explored the part of this trail that traces the historic Kingston to Pembroke railroad. Today we will hike 12 km on another section. Bring a lunch. Meet at W.E.S.C. at 8:30 a.m.

Leader: Bill Grant, 820-0697

Saturday, Nov. 5. Merrickville Area

This 14 km loop in the Burritts Rapids - Merrickville area (Map 5) will be partly on blue trails. Some hiking will be along country roads where we expect to see old farm buildings. We will go to Merrickville for a post-hike snack. Meet at W.E.S.C. at 9:00 a.m. Bring your lunch. Leader: Elaine Vininski, 722-3358

Saturday, Nov. 19. Trail Maintenance

It's time again to check the Ottawa sections of the Rideau Trail to ensure hikers can find their way. Meet at W.E.S.C. at 9:00 a.m. Bring your lunch. Contact: Jim Fish, 226-7236

Friday, Nov. 25. Ski Preparation

Prepare for a wonderful winter of skiing by getting your skis in shape for the first snowfall. Bring your skis, in any condition, for tarring or hot waxing. If you have waxless skis then come anyway to join in the fun. Meet at 7:00 p.m. at 2576 Sackville Street. A potluck supper will follow the working part of the evening.

Contact: Pearl Peterkin, 829-3062

Saturday, Nov. 26. Gatineau Hike

The weather conditions will determine in what area of the Gatineau we will hike 10 km. Bring your lunch and a warm drink. Meet on the steps of the Supreme Court Building on Wellington St. at 10:00 a.m. Leader: Joe Parton, 733-7624

Sunday, Dec. 4. Trail Re-routing

This year the Central Club has been working on moving the trail to a more scenic route in the Smith Falls area. Explore this new section of trail, about 12 km. Meet at W.E.S.C. at 10:00 a.m. Bring a hearty lunch.

Leader: Elizabeth Mason, 729-6596

* **W.E.S.C.** means West End Shoppers City at Baseline and Woodroffe. Meet on the west side in front of the coin laundromat.

Ottawa Club Extended Outings

In February, a group of interested Ottawa members gathered to discuss what type of special outings they would like to plan. The first trip that resulted was an overnight backpacking hike in Frontenac Park. Plans are also underway to travel to Lake Placid in August for two days of hiking in the Adirondacks. Anyone interested in learning more about outings taken or being planned, can get in touch by leaving a message at 596-1677.

Advance Notice

The Ottawa Club is tentatively planning a cross-country ski weekend in the Lake Placid area of the Adirondacks for February 10-12, 1984. The plan is to stay at South Meadow Farm Lodge, which has accommodation for 10 people in five double rooms. The Olympic cross-country ski trails pass just behind the lodge. If you are interested in going, call Pearl Peterkin at 829-3062 for information and reservations by September 15, 1983 since space must be reserved immediately.



Try A Bike Hike

The Ottawa Club had its first bike hike this spring. I hope this will become an annual event.

Ten cyclists showed up for the hike. Al Gamble led us on our trip to the school house. The pace was leisurely as we got warmed up, and warm it was - a beautiful sunny Saturday morning. A number of short stops for bike and clothing adjustments made for a well paced ride. We stopped in Manotick to admire the old stone church and townhall, then rode on to the school house where a carpet of hypatica greeted us.

By noon our sunny Saturday had become cloudy and wet, but that didn't dampen our spirits. I was already busy planning where next year's bike trip might take us. When we pulled up at Fallowfield and Moodie Drive and Al suggested a hot coffee, we all agreed heartily and spent the next half hour enjoying a hot drink in dry surroundings. As we left the restaurant the proprietor looked at us in a funny way and said he hoped that we would enjoy our ride. What he did not know was that we five wet cyclists were just finishing our first annual bike hike.

by Elizabeth Mason

Ottawa Rideau Trail Club Officers - 1983/4

Chairman	Peter Andrews	728-3016
Vice-Chairman	Bill Grant	820-0697
Secretary	Linda Hayes	234-1045
Treasurer	Brian Lunergan	829-0609
Trail Maintenance	Jim Fish	226-7236
Routes & Negotiations	Pearl Peterkin	829-3062
	Peter Brebner	729-8178
Lot & Building		
Maintenance	Ron Hunt	746-1150
Outings	Elizabeth Mason	729-6596
Publicity	Elaine Vininski	722-3358
Newsletter	Mark Sims	822-6655
F.O.H.T.A. Rep	Henry Heald	224-4471

Hiking the trail from Narrows Locks to Westport. Photo by Norm McLeod

K & P Hike

On June 11 the Ottawa Club hiked 22 km from Clyde Forks to Calabogie along the route of the now defunct Kingston and Pembroke Railway Line. Bill Grant, hike leader, had been planning such a hike for the past two years, ever since he read In Search of the K & P. (C. Bennett and D.W. McCuaig, published by Renfrew Advance Ltd., 1981).

The K & P Railway Line, more affectionately known as the "Kick and Push", was chartered on April 14, 1871. The line was envisaged with high optimism. Financiers hoped it "would allow communication with the interior and therefore feed the commerce of the harbour, allowing Kingston to grow and prosper". They also wanted to divert some of the lumber trade from Ottawa, and to transfer commodities such as pork, grain and Indian corn purchased at cheaper Kingston rates for the supply of the Upper Ottawa district. In addition, the railway would carry minerals from local mines.

The train's last run was on June 18, 1957, so it was appropriate that we scheduled the hike when we did - approximately the 26th anniversary of the final run.

The Mississippi Valley Conservation Authority leases 35.2 km of the trail in the Snow Road - Calabogie area for recreational purposes and is responsible for its general upkeep.

We had arranged a car shuttle. Walkers were deposited at Clyde Forks and proceeded to walk 3.7 km to the Flower Station general store to wait for the drivers who were to leave cars at Calabogie. When they met us, we were surprised to learn that they had seen a large black bear ambling across the road.

The trail is a flat, gravel road, only wide enough for one car to pass. We had the pleasant view and cooling breeze of four lakes on our journey - Widow Lake, a swampy one; Clyde Lake, dotted with cottages; and Miles and Calabogie Lakes.

by Elaine Vininski

We saw a beaver swimming toward the shore on Calabogie Lake. A mink crossed our path at one point on the trail. The flora was mostly white trillium, yellow lady's slippers, columbine, Calla lily and blue grass.

24 of us had set off from Clyde Forks and 22 reached our destination. I was glad that I had sweated through two pairs of socks and donned hiking boots instead of opting for lighter running shoes, as the gravel road was quite brutal on the feet for such a long distance. We cooled off after reaching our destination on the terrace of the famous "Whipple Tree" restaurant in Calabogie.

It would be nice to have other hikes to finish the trail (Flower Station to Snow Road). Let's hope it doesn't take another two years.



Ottawa members hiking across the causeway where the old K & P right of way crosses Calabogie L. Photo: Peter Andrews

Trail Maintenance -- by Jim Fish -- Maintenance Co-ordinator for the Ottawa Club

After many years of dedicated service to the post, Ed Simpson has left the position of Chairman of the Trail Maintenance Committee for the Ottawa Club. I have agreed to accept the challenge of taking Ed's place for a while.

In past years, the Maintenance Chairman has looked after the organization of major maintenance "events" such as this past spring's very successful "Go to Blazes" Day, as well as assembling volunteer work teams to deal with specific problems on the trail, such as flooding caused by our industrious four-footed engineers, the beavers.

At the Annual General Meeting on June 12, 1983, it was decided that the Ottawa Club would modify the way in which responsibilities for trail maintenance are assigned. We will now be dividing the trail into manageable sections that can be made the on-going responsibility of individuals or small groups of volunteers. This will be similar to the method used successfully by the Kingston Club for a number of years.

Major advantages which can be gained by this new approach include:

1. More effective and timely monitoring of trail conditions.
2. Spreading the work among more hands.
3. Providing an opportunity for specific individual contributions to the quality of our trail.

The routine maintenance responsibilities for a particular section of trail would

include the following, in varying proportions depending on the location:

1. Assuring the route is well marked and cleared of brush and debris at least twice a year.
2. Identifying significant problems requiring the attention of the Maintenance Committee.
3. Suggesting improvements in routing or amenities (e.g. stiles).

The Maintenance Committee will provide volunteers with markers and nails, brush cutters, a maintenance handbook and assistance with major problems. It will also continue to assemble work groups for twice-yearly maintenance blitzes on any trail sections which remain unassigned to volunteers, and to deal with re-routings.

A number of individuals have already volunteered to assume responsibility for trail sections. However, many more are needed to cover all the main trail sections between Richmond Landing and Rosedale (just a little east of Smith Falls) plus all the side trails.

If you would like to maintain a section of trail, or even if you'd like to just discuss the possibility of volunteering, please contact me, Jim Fish, at the Ottawa Club's mailing address:

Ottawa Rideau Trail Club
P.O. Box 4616, Station E
Ottawa, Ontario, K1S 5H8

or telephone the Club's "answering service" at 546-1677 and leave a message. If possible, requests for specific sections of the trail will be honoured.

Nature's Dawn by Andrew Cross, Perth

Nature's dawn is gentle waves lapping a tranquil shore;
The sun peeking through a stand of trees.

Nature's dawn is a solitary fisherman searching for his breakfast;
The rising song of birds and insects heralding a new day.

Nature's dawn is sweet fragrances wafting on a fresh breeze;
A rosy hue on the waters of a sparkling lake.

Nature's dawn is the lonely cry of a loon, breaking the morning stillness.

Nature's dawn is vibrant, pulsating, alive with the joy of living.

* Written while camping at Skycroft, near Chaffey's Lock

**The Rideau Trail Association
Annual General Meeting**

Saturday, September 24, 1983

Stage Coach Inn, Newboro

10:00 a.m. - 11:00 a.m.

Socializing and refreshments

11:00 a.m. - 12:00 noon

Business Meeting

12:00 noon - 1:00 p.m.

Picnic lunch. Bring your own.

1:00 p.m. - 2:00 p.m.

Feature Presentation

"Happy Hiking Holidays from
the Rockies to the Arctic"

2:00 p.m. - 5:00 p.m.

Explore the area on foot around Narrows
Lock or bring a bicycle or canoe and
enjoy the many features of Westport,
Newboro or Rideau Lake.

5:30 p.m.

Re-assemble for Dinner

Dinner consists of roast beef with
juice, salad bar, rolls, pickles,
cheese, dessert, tea and coffee.

Cost: \$11.00

Buy your tickets now!

For reservations call:

Elizabeth Mason, 729-6596, Ottawa

Marg McLeod, 267-1641, Central Region

Moir Drummond, 544-9529, Kingston

Deadline: September 16, 1983

Hike Ontario Director's Meeting

The Ottawa Club is hosting the fall
meeting of the Hike Ontario directors.

The meeting will be:

10:30 a.m. - Saturday, Sept. 16, 1983

in the board room of the

Ont. Min. of Agriculture & Food Bldg.

26 Thorncliffe Place, Bells Corners.

A barbecue supper is planned Saturday
evening so that club members can meet the
F.O.H.T.A. delegates and a hike on a
section of the Rideau Trail is scheduled
on Sunday before they head home.
Although the event is in Ottawa, R.T.A.
members from the Kingston and Central
Clubs are invited to participate.

Contact: Henry Heald, 224-4471

**Highlights of the F.O.H.T.A. Meeting
London, Ontario. June 11, 1983**

1. **Go to Blazes Day.** F.O.H.T.A. directors have asked for an attitudinal response from member associations. How does each association feel about its own activities on Go To Blazes Day? Would they be interested in doing it again?

2. **Publicity.** The F.O.H.T.A. display has been used at meetings of the Grand Valley, Ganaraska and Toronto Bruce Trail clubs, as well as exhibited in the Oshawa Public Library and used by the Grand River Conservation Authority.

F.O.H.T.A. is looking for a new editor for its newsletter, Outlook.

3. **Trail Maintenance.** A discussion was held on the possibility of F.O.H.T.A. acting as a co-ordinating body for co-operative trail maintenance. Direction and supervision would still be required, however, by someone from the host club. Funding might be available for transportation and materials from the Ministry of Culture and Recreation.

4. **Financial.** Wintario grants have been approved for base funding of F.O.H.T.A. The Ministry of Tourism and Recreation provides \$14,000 in base funding for F.O.H.T.A. and up to \$5,000 in matching grants. Ways are being considered to have member associations share in that funding.

The new F.O.H.T.A. treasurer is:

John Cole, 99 Sterling Street,

London, Ontario, N5Y 1Y6.

5. **Facilitator.** Two candidates have been interviewed and a facilitator will soon be hired to help F.O.H.T.A. decide how to best fulfill its role in promoting hiking and conservation in Ontario.

6. **F.O.H.T.A.** will join the Conservation Council of Ontario, which is the senior advisory body on conservation in the province.

by Henry Heald, F.O.H.T.A. representative

Easter Weekend Hiking

by Pearl Peterkin

A group of hikers, members of the Ottawa Rambling Club and the Ottawa Rideau Trail Club, spent the past Easter weekend hiking on the Kingston section of the Rideau Trail.

Led by Mary Breig and Chris Eyres, the eight hikers enjoyed four days of strenuous hiking in the rugged Precambrian Shield country - Foley Mountain, Bedford Mills, some snow covered trails at Gould Lake, and the Slide Lake Loop to cap it off.

Hearty appetites were satisfied by delicious dinners at the Old Firehall and Chez Piggy's Restaurants in Kingstn and we enjoyed our stay at the Beaver Motel on Highway 15.

We would never have survived the cold wet days, however, without a bit of Chris's special mulled wine to perk us up during our rest stops. He is willing to share his recipe with you and we certainly recommend it.

Chris Eyres's Trail Elixir

2 litres cheap dry red wine
2 bottles (12 oz) Porter beer
Juice from 2 lemons
8 level soup spoons sugar
1 bottle Cinnamon sticks, crushed
1/2 bottle cloves
1/2 bottle sugar cured rum or brandy
or anything (for kicks)

Mix together and let stand overnight.
Then strain through a mesh and keep
in a container until ready to use.

When needed, slowly heat (don't boil)
and serve with a warm smile.

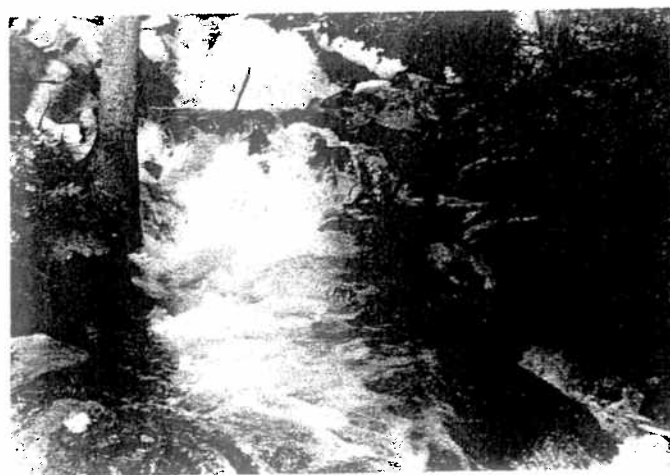
Guaranteed to please.



Which way did he Go?
South Slide Junction



Whew! It's good to sit.



The falls between Slide Lake & Buck Lake

Kingston Club Schedule of Outings

As stated in the Summer Newsletter, we will now continue the program of sequential hikes begun in the spring. We look forward to a good turn out at each of the following activities. Please call the hike leader indicated for information and to register your intention to participate. The later outings will be hikes or ski runs, depending on the weather.

Sunday, Sept. 11. Maple Leaf Road

Enjoy a pleasant hike of about 8 km along the Maple Leaf Road starting from the Perth Road 1 km north of Raymonds Corners and hiking to Buck Lake's south bay (the end of the Maple Leaf Road). You'll get an excellent view of Buck Lake. Bring your lunch and meet at Sears north door at 10:00 a.m.

Leaders: Libby & Peter Skelton, 544-0151

Saturday, September 17. 8 km

This hike will be a continuation of last Sunday's hike, following the trail north for from the end of Maple Leaf Road to the Leeds County Line. Enjoy the woods, marshes and beaver dams. Bring your lunch and meet at Sears north door at 10:00 a.m.

Leader: Norm MacLeod, 546-9440

Saturday, September 24. A.G.M.

Don't forget the Annual General Meeting. See details on page 8. Reservations for dinner should be made immediately -- that means now! If you need a ride, meet at Sears north door at 9:00 a.m.

Contact: Cathy Cutts, 542-5414

Sunday, Oct. 2. Ontario Hiking Day

Three hikes are planned for Ontario Hiking Day. Bring friends and introduce them to the joys of hiking, to the Rideau Trail and to our Association.

Hike #1 Hike a leisurely 5 km from the Frontenac-Leeds County Line to Bedford Mills and spend some time exploring Bedford Mills. Meet at Sears north door at 1:00 p.m.

Leader: Joan Hughes, 549-6265

Hike #2 Hike about 8 km from Cataraqui Bay to the 401 bridge. Come to see what improvements (if any) have been made on

this beginning section of the Rideau Trail. Bring your lunch and meet at Sears north door at 10:00 a.m.

Leaders: George & Ruby Daniels, 546-7366

Hike #3 Join with the Kingston Field Naturalists for a combined hike on their newest trail in the Otter Lake Nature Sanctuary. This will be a leisurely hike but the terrain is rugged. Meet at Sears north door at 1:00 p.m. Call Larry McCurdy at 546-0683 or 389-6427.

Wednesday, October 5. 6 km

Enjoy a leisurely hike from Burr Creek on the 5th Concession Rd. to the Elginburg Rd. and return. Look out! You may see a train! The fall colours will be getting pretty good. Meet at Sears north door at 1:30 p.m. Leader: Joyce Mayhew, 546-1950

Monday, October 10. Rock Dunder

Come and climb Rock Dunder at this most spectacular time of the year. The view from the top is magnificent. Wear hiking boots and bring binoculars (on a clear day you can see the International Bridge and Pylon). Bring a lunch and meet at Sears north door at 9:00 a.m.

Leader: Sam Heusel, 542-2201

Sunday, Oct. 16. Madoc Area Hike

Enjoy a fall hike in the woods near Madoc where some RTA and Bruce Trail Club members helped out on Go-To-Blazes Day in May. We've planned a get together at Trails End - Hot Dogs and Hot Drinks at a minimal charge. Bring a light snack for the trail and meet at Sears north door at 8:45 a.m. or at the ball park at the south end of Madoc at 10:15 a.m.

Contact for Kingston & area: Moira Drummond, 613-544-9529

Contact for Cobourg & area: John McLaughlin, 416-372-0253

Saturday/Sunday, Oct. 22/23. 15 km

Join us for a two day backpack and overnight hike from Narrows Locks to Murphy's Point Provincial Park. See the full expanse of the Big Rideau Lake and enjoy camping in the park. Register with the leader at least two weeks in advance. Meet at Sears north door at 9:00 a.m.

Leader: Arne Henrikson, 544-0465

Kingston Outings Continued

Saturday, October 29. 12 km

Come and hike a part of the trail that is seldom scheduled: Foley Mountain to the Narrows Lock. See a breathtaking view of the village of Westport and views of Big Rideau Lake. Bring a lunch and meet at Sears north door at 9:00 a.m.

Leader: Jim Gartenburg, 542-8942

Wednesday, November 2. 5 km

Hike from the intersection of the Elginburg and Cordukes Roads to the Van Order Road. This will be a leisurely hike but will require some car jockeying. Meet at Sears north door at 1:30 p.m.

Leader: Emma Martin, 542-1594

Sunday, Nov. 5. Trail Maintenance

Come out and bring your friends to cut weeds and brush and to repair markers in preparation for winter. Bring your lunch and meet at the Cataraqui Region Conservation Authority parking lot off Division Street at 9:30 a.m.

Leader: Tom Kaddits, 546-0806

Saturday, November 12. 6.5 km

Hike (or possibly ski?) from the Van Order Road to the Railton Road. The terrain is mostly flat, but there are some interesting geological formations. Meet at Sears north door at 1:00 p.m.

Leader: Johanna Koeslag, 549-7502

Sunday, November 20. 5km

Ski, snowshoe or hike, depending on conditions, from Railton Road to Sydenham. See this newly re-routed section in the late fall. Meet at Sears north door at 1:00 p.m.

Leader: Stanley Howard, 546-0946

Saturday, Nov. 26. Le Moines Point

Join us for a leisurely late fall hike at Le Moines Point. Foot gear will depend on the weather. Meet at Sears north door at 1:30 p.m.

Leader: Cathy Cutts, 542-5414

Sunday, December 4. X-Country Ski

Ski (or hike) the Cataraqui Region Conservation Authorities trails in the Little Cataraqui Conservation Area off Division Street. Meet at Sears north door at 1:00 p.m.

Leader: Keith Bull, 546-9693

A Letter from Camp Outlook

Kingston Rideau Trail Club
c/o Mr. Doug Knapp

Dear Mr. Knapp,

I thought I would write a quick note to give you an update of the progress of the Outlook winter program. We have just finished our season of 9 weekend trips. 43 of a possible 48 places were filled, a significant improvement over last year and not bad considering all the usual last minute cancelations.

These kids had the chance to go winter camping this year because of the generosity of a few people who help Camp Outlook to function. We appreciate very much the generosity of the Kingston Rideau Trail Club in allowing us to use the Slide Lake Cabin, as without such a cabin we don't feel we can safely put on a weekend trip.

Thanks again for your support.

Sincerely,

Leah Norgrave,
Winter Camp Director

The Slide Lake Cabin

Camp Outlook is a group that provides challenging wilderness experiences for delinquent youths, including winter camping trips. They regularly make use of the Slide Lake cabin that's maintained by the Kingston Rideau Trail Club.

Did you know the the Slide Lake cabin is available for use as a day or overnight shelter by any individuals or groups during the winter months? The cabin is available at no charge, but users are expected to preserve the condition of the cabin, replace any of the wood supply used and buy something to contribute to the cabin's supplies.

If you or your group would like to reserve the cabin for an evening or a weekend, be sure to book well ahead. To make reservations and arrange to get the key, contact Doug Knapp at 542-2039.

A Holiday at Queen's Biology Station

by Johanna Koeslag

During the first week of June, Moira Drummond and I enjoyed a delightful and informative holiday at Queen's Biology Station near Chaffey's Lock. For us, it truly was a holiday and the things we learned will serve to increase our enjoyment when hiking on the Rideau Trail in the future. For others of the 20 people attending this week long Naturalist Workshop, it meant gaining information for use in their jobs as park naturalists and guides or furthering their studies in Biology.

On the first day, Dr. Crowder of Queen's University and Dr. Pringle of the Royal Botanical Gardens in Hamilton shared their considerable knowledge of plants by taking us on a field trip to Cow Island. We learned to identify many familiar and not so familiar flowering plants, shrubs and trees using various field guides and keys. The one I found most useful is Newcomb's Wildflower Guide which uses a simple key based on flower structure to make identification easier.

For me, the most exciting day of all was the second day which started off with a bird walk at 5:00 a.m. The fact that it was raining didn't dampen anyone's enthusiasm and it certainly didn't prevent the birds from singing. Dr. Robertson from Queen's University and his students who led the walk identified the birds by their sounds and then we usually managed to spot them in the trees. A scarlet tanager, an indigo bunting, an oriole, several kinds of warblers, a red-eyed vireo, and an ovenbird with its loud call of "teacher, teacher" were only a few of the birds observed.

Back at the station we watched the male Ruby Throated Hummingbird feeding at the station's feeder and the female attending her nest which was no more than 2 inches in diameter. She never left her eggs - two, each no bigger than a pea - for longer than 2 1/2 minutes.

The afternoon's field trip led us along a deserted railway track to a swamp in which stood the trunks of many dead trees. In the tops of these trees the Great Blue Herons had built their huge

nests, about 40 in this particular swamp. Adult birds flew to and fro or perched on the nests or fed the young, of which there were from 3-5 in each nest. We watched fascinated through binoculars and a telescope set on a tripod without disturbing the birds.

From here we proceeded to a field full of nesting boxes occupied by field swallows. The territorial habits of the male swallows was one of the studies being carried out at the station. The colourful male bobolinks also attracted our attention to divert us away from the females nesting in the grass. That evening after supper, we took to the water by barge to observe the Osprey nest high in a lone pine tree and to watch the loons quietly swimming about.

Have you ever seen a Woodcock? Neither have I, but not for lack of trying. At dusk, all 20 of us piled into the van to go to the site of the male Woodcock's ritual mating dance. This he performs just at dusk, uttering piercing cries as he struts on the ground, then taking off abruptly to circle in the sky before plummeting headlong back to the earth. By quietly moving to the spot on the ground where he was last heard and flashing a light when he descends, it is theoretically possible to catch a glimpse of this elusive bird. But it is impossible for 20 people to move quietly! Our bird always landed in a different spot and was never seen. He provided an exciting ending, nevertheless, to a long and exciting day.

Other fascinating things awaited us this week. The flight of a flying squirrel after it climbed quickly to the top of a tall tree on being released; the eerie feeling of walking on a floating spongy mass of sphagnum peat bog we visited to examine all the unique vegetation growing there; the strange phenomenon of a Black Rat Snake that had been 25 days living in a dead branch high in a tree waiting for the right conditions to shed its skin; learning to distinguish the many orders of insects and to recognize the leopard frog, the green frog, the bull frog, and various snakes, turtles and fish.

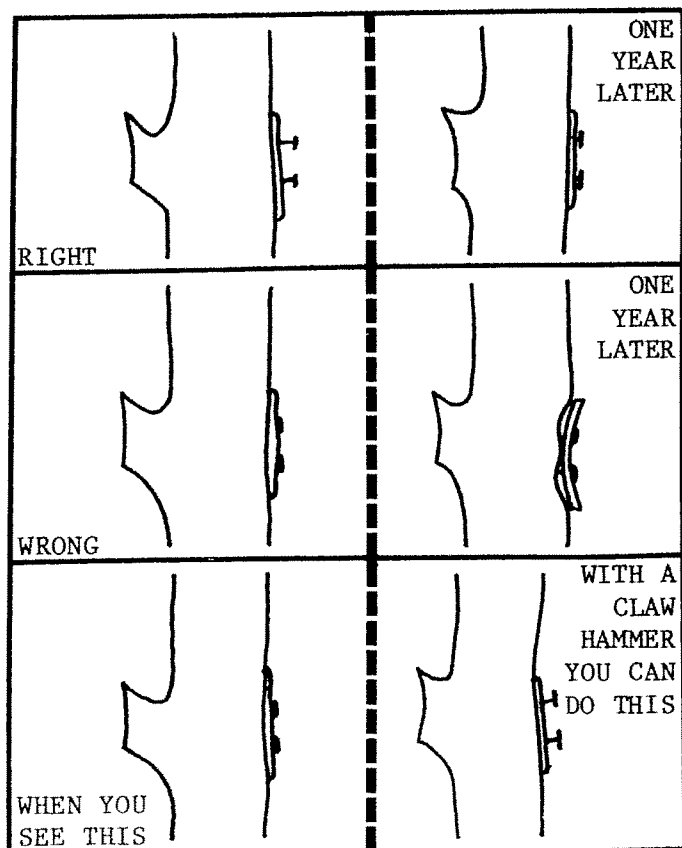
Queen's Biology Station continued

A favorite evening pastime was walking the 2 km length of the driveway to the Biology Station to watch the birds at work. An industrious pair of bluebirds could be seen feeding their young in an old fence post. The Hairy Woodpecker had his family high in the hollow of a dead tree. The orioles were busy building their nest resembling a hanging basket. The Red Winged Blackbird was always visible, guarding his family nesting in the swamp grasses. The Cedar Waxwings were building a nest in - you guessed it - a cedar tree. The Rose Breasted Grosbeak kept us enthralled with his beautiful song as we strained to catch a glimpse of him in the trees.

All this, plus good food and companions, combined to make this week one that Moira and I will not soon forget.

Maintenance Tips

When putting a blaze on a tree, leave nails sticking out 1" to 1 1/2". To reset a blaze, pull nails out 1" to 1 1/2".



Trail Maintenance by Tom Kaddits

I would like to ask everyone to consider some **WHAT IFs**.

What if all Rideau Trail hikers were maintenance people?

What if all members carried 5 or 6 blazes, a hammer, a screw driver and a pair of one-handed pruning shears or a saw when hiking on the trail?

What if when you go hiking on the trail you spend a maximum of 10 minutes pruning the trail?

What if you reset or replace a maximum of 5 blazes when on a hike?

What if when you ducked a branch growing across the trail you stopped to remove it instead?

What if when a blaze was missing or needed you put one up?

What if when you saw a real big problem you made sure the trail maintenance co-ordinator knew about it?

My answer to the above would be to say that we would then have a fantastic trail to hike.

Now for the **YA BUTs**.

Ya but I didn't join the trail to do maintenance work. O.K, so maybe you can help with some other jobs or serve on the executive.

Ya but all I want to carry on a hike is my lunch. How about bringing tools out on every third or fourth hike?

Ya but I told you, all I have is my lunch! Answer the same as for the last ya but.

Ya but isn't someone getting paid to maintain the trail. No!

Ya but I don't know how. Phone your maintenance co-ordinator and he will show you how.

Ya but I don't know his phone number or even who he is. In Kingston he is Tom Kaddits and his phone number is 546-0806. In Ottawa he is Jim Fish and his phone number is 226-7236. In Perth call Richard Cross at 267-4270.

Ya but I told you I don't know how!! Just phone Tom or Jim or Richard and they will show you how to prune and blaze properly.

Happy Hiking!

The Rideau Trail in the News

"Rideau Trail Conqueror Slogs His Way to Triumph" "Snakes and Raccoons Fail to Stop Record Run"

These are the headlines that appeared in the Whig Standard and the Ottawa Citizen on Wednesday, May 25, 1983.

Bob Tysen had just successfully completed his run of the whole Rideau Trail from Ottawa to Kingston in 3 days, 11 hours and 31 minutes.

The Whig Standard reports: "There were times when he didn't know if he was going to live or die, but Bob Tysen overcame all obstacles... It was no cake walk. It was mud and water in different degrees all the way. My feet were totally wet for 4 days."

The Ottawa Citizen reports: "After it was all over Bob Tysen admitted he hadn't a clue what he was getting into. He waded through miles of swamp, side-stepped piles of cow manure, leaped over snakes and ran from a raccoon..."

Obviously, it's spring on the Trail!



Ray Forester carefully walks along the old boardwalk in the Cataraqui marsh.
Photo: Jack Chiang, the Whig Standard

"A boon for the disabled with a taste for outdoors."

This headline appeared in the Whig Standard in July along with a picture of Jiri Vasa, a long-time member of the Kingston Rideau Trail Club, and the all-terrain wheelchair Jiri has designed.

"It looks like a cross between a Chinese rickshaw and a North American wheelbarrow. It's strong enough to be lifted by a helicopter and it's light enough that 2 people can carry it easily through a narrow path in dense woods... This All-Terrain Wheelchair will soon be used to transport mentally and physically handicapped children into regions of the countryside they've never been able to see and enjoy."

Jiri Vasa is the head of rehabilitation engineering in the department of biomedical engineering at Queen's University. He expects that, if everything goes as planned, a final design should be ready by September. Good Luck! Jiri.

"Avid hiker: Car accident made him appreciate walking"

This headline recently appeared in the Perth newspaper with a picture of our president-to-be, Richard Cross.

"His love of hiking began in 1962 when he was in a car accident, he says. 'I was confined to bed for 7 months in traction and a body cast. The experience taught me the pleasure of being able to get out and put one foot in front of the other, and walk.'"

The article goes on to say that Richard has now covered about 1200 miles in Ontario. He was the 52nd person to hike the entire 690 km length of the Bruce Trail and has hiked about 200 km of the Rideau Trail so far.

The remainder of the article described in some detail the Rideau Trail - how it's marked, how to become a member, who uses the trail now, and so on. Thanks to Richard.

A Look at the Origins of the Rideau Trail

The following are excerpts taken from an article written by Fred Cooke that appeared in the Ontario Naturalist, June, 1972:

"In the Kingston area the unifying feature is the Rideau Canal. It seemed natural that a hiking trail in eastern Ontario should capitalize on the scenic and historic aspects of the Rideau waterway. Several government studies had suggested that such a trail should be established. There is a big difference, however, between having an idea and translating that idea into reality.

If it hadn't been for the drive of science teacher, Doug Knapp, the Rideau Trail would still have been nothing more than an idea. In early 1971, he approached the Kingston Field Naturalists with a concrete proposal that a 20 mile trail be established in the shield country north of Kingston. This proposal was examined by the executive of the KFN and it was felt that perhaps the time was ripe for a more ambitious trail, a Rideau Trail.

Doug Knapp and I were asked to carry the idea further and in early March a small group met, established itself as the Rideau Trail Committee and laid out specific first steps, such as planning routes, publicity and so on. The local response to our idea was overwhelming; a number of people offered to help in the planning, articles appeared in the Ottawa Citizen and other papers, and a school teacher from Ottawa set out with 2 students to publicize the proposed trail. The FON generously gave us a grant of \$500 to allow us to become operational and by early May the Rideau Trail Association had been formed with branches in Ottawa, Smith Falls and Kingston.

Perhaps the single biggest boost to the development of the trail came from the Federal Government when they announced the Youth Opportunities Program. Through this program 28 students from Queen's and Carleton Universities and from Algonquin and St. Lawrence Colleges worked in close liaison with the RTA to make the trail a reality. Members of the association

planned the route and negotiated with landowners and government agencies, while the students picked out the most suitable trails through the properties, cleared the trails and marked them with the orange triangles which have become the symbol of the Rideau Trail. The students worked for three months, camping out in the bush and by the end of the summer a continuous trail over 200 miles in length stretched between Kingston and Ottawa.

The culmination of the summer's work occurred on Sunday, November 7, 1971. On a cold, sunny morning when the first snow of winter had touched the ground and trees with white, the opening ceremony took place at the Foley Mountain Conservation Area, near Westport. After the formal ceremony a short hike along the trail was followed by coffee and sandwiches.

The aim of the RTA is not to have a single end to end trail but a series of interconnecting trails along the Ottawa-Kingston axis. Particularly we want to concentrate on circular routes where hikers can drive out to a starting point and return to their cars without retracing their steps. To this end we have set up a number of side trails and loops which are marked with blue (instead of orange) triangles.

The trail, despite its name, does not keep close to the Rideau Waterway and in places may be as much as 40 miles from it. It does, however, touch the Rideau at several of the more scenic locks.

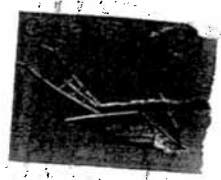
While the Rideau Waterway is well known to those who travel by water, the countryside near it is largely unknown, even to many who live in Eastern Ontario. If the Rideau Trail can introduce people to the beauties of the region and can encourage them to enjoy those beauties in a leisurely and non-consumptive way, then it will have been a success."

Twelve years later we well know what a success the Rideau Trail has been and is. Let's work together to ensure that it continues to be so.



If undeliverable, please return to:

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



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APPLICATION FOR MEMBERSHIP

Rideau Trail Association
P.O. Box 15,
Kingston, Ontario K7L 4V6

Membership year, April 1st to March 31st

Your membership in the Rideau Trail Association provides the financial support essential for the continuous maintenance, improvement, extension and protection of the Rideau Trail network. As a member you will receive the quarterly newsletter and special mailings, as well as voting rights in both Club and Association activities.

- () Annual Family Membership.....\$ 10.00
- () Patron (Life Membership)..... 150.00*
- () Map Kit (13 maps) Members only..... 4.00
- () Vinyl Case for maps..... 3.00
- () Trail Notes Members..... 5.00
- Non-members..... 8.00
- () Car sticker (FREE to New Members)..... .50
- () Crest..... 1.00
- () Enamelled Pin..... 3.00
- () Donation to RTA..... *
- () Donation to Corridor Preservation Fund..... *
- TOTAL

PLEASE CHECK New () Renewal ()

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* Qualify for income tax deduction. Charitable Registration No. 0041733-56-11