



The Rideau Trail NEWSLETTER

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Issue No. 51

SPRING 1984



It's Maple Sugaring time again!

Photo by 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 Johanna Koeslag for the Kingston Rideau Trail Club.

Submissions for the next Newsletter are welcome and should be sent by May 1, 1984 to Peter Andrews, 1890 Wembley Ave. Ottawa, Ontario, K2A 1A7. Phone: 728-3016.

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.

ISSN 0709-7085

Did You Know?

1. The University of Guelph Arboretum holds regular Sunday afternoon walks, each with a different focus such as Insects, birds, snow, etc. Other arboretum activities include owl prowls, woodcock walks, bird surveys and edible wild plant workshops.

2. The Canadian Hostelling Association, 18 Byward Market, Ottawa, Ontario, K1N 7A1, publishes a newspaper describing hostelling activities across Canada. In Ottawa, the hostel is located at 75 Nicholas Street. In Kingston, phone 546-7203 for information.

3. The F.O.N. is sponsoring a summer camp for novice or veteran naturalists from July 2-7, 1984 at Wildwood Lodge on the Bruce Peninsula for \$325.00. Field trips each day range from birding, botany and geology trips to fossil hunting, cave exploration and canoe trips.

4. The F.O.N. organizes Nature Tours all over the world at prices ranging from \$375 to \$1395. This year's trips include birding in Texas, houseboating on the Trent-Severn Canal, hiking in the Canadian Badlands and many more.

5. An opportunity is available for one R.T.A. member to travel to the U.S.S.R. this summer to go mountain hiking in the Caucasus and Panir Mountains.

6. You can improve your photography skills and enjoy a hiking or cycling adventure in the Rocky Mountains as well.

7. Are you travelling to the United Kingdom this summer? Take advantage of the many organized hiking holidays advertised in "The English Wanderer" and "Hiking Holidays in Britain" arranged by a Toronto travel agency.

8. One R.T.A. member who lives in The Netherlands has offered to assist any other R.T.A. member who is planning a trip to Europe. Write to: W. Hoogerbrug, Braamsluiper 82, 3435 BD Nieuwegein, The Netherlands.

For more information or brochures on any of the above items, please contact your Kingston Newsletter Editor, Johanna Koeslag at 549-7502.

Junior Conservationist Award Program

The Ministry of Natural Resources and Conservation Authorities have combined to provide this program for young people aged 16-18 interested in conservation and resource management. Participants would work for 7 weeks during July and August at a Conservation Authority in Ontario on projects ranging from watershed studies to development of teacher's guides and/or brochures. Participants receive room and board and \$10 a day. Applications must be in by April 1, 1984. For more information contact Johanna Koeslag at 549-7502.

Thanks due to the Ottawa Rambling Club

Take another look at the cover photo on the Winter Newsletter. The two women pictured there are Margaret Lafrance and Jean Cottam, members of the Ottawa Rambling Club. They responded to the call for volunteers to help with trail maintenance on November 19, 1983. The two women and Boris Mather who took the picture, manicured the trail from Bell High School to Moodie Drive. Many thanks to Margaret and Jean and all Rambling Club members who help support the R.T.A. in many ways.

Thanks due to Raxco Software Ltd.

I received so many submissions for this newsletter, that there was no way I could have included everything as well as four pages of route changes and two pages of the F.O.H.T.A. newsletter Outlook, except by printing some things at 15 characters and 8 lines per inch. You may need a magnifying glass to read this newsletter, but I haven't left anything out, I hope!

None of this would have been possible without the use of word processing equipment made available to me by Raxco Software Ltd. Raxco is the company that my husband, Mike Draper, and I operate from our home. Mike knows everything about computers and I know everything else so we make a good business team. Many thanks to Raxco for your co-operation!

Johanna Koeslag, your Kingston Newsletter Editor.

Central Committee Events

Sunday, April 29.

Hike the trail in the Perth area. Meet at 1:00 p.m. at the I.G.A. parking lot on Wilson Street in Perth. We may see some early spring flowers!

Contact: Marg McLeod, 267-1641

Saturday, May 12. "Go to Blazes" Day

Meet at the O.M.A.F. office at 10 Sunset Blvd. in Perth at 10:00 a.m. for an opportunity to exercise those winter weary muscles in the fresh spring air. Bring pruning shears and work gloves, if possible. Pack a lunch.

Contact: Marg McLeod, 267-1641

Advance Notice

The Special Outings Group of the Ottawa Rideau Trail Club is planning a weekend hiking trip on the August civic holiday weekend to Lake Placid in the Adirondacks. Anyone interested in going, please call 596-1677 or 741-0789.

Winterlude in Ottawa by Elaine Vininski

The Ottawa Club hosted the lucky number of 13 visitors for a weekend of skating, skiing and friendship on the first weekend of Winterlude, February 4th and 5th, 1984. The 1 Perth and 12 Kingston members who came participated in the first of future anticipated "cultural exchanges" between the three clubs. Those who elected to stay overnight were billeted in Ottawa member's homes.

Skating on the canal was scheduled for Saturday, but warm weather made for slushy conditions. The group therefore watched the waiters' tray races in front of the National Arts Centre and viewed the ice sculptures at Dow's Lake. Particularly impressive was the carnival like atmosphere created by the over 100,000 people on the canal ice.

Margaret and Al Gamble hosted the pot luck supper that evening. The large buffet table featured a array of casseroles and salads and a special treat for dessert - a multilayer torte created by the culinary skill of Eileen Evans. Later, while everyone relaxed beside a roaring fire, Al showed slides of a white water canoe trip that he had taken on the Churchill River several years ago.

On Sunday, hosts and guests organized themselves into three groups for skiing in the Gatineau. The beginners group skied from Asticou to Pink Lake and nicely timed their outing to meet at lunchtime with the Intermediate group who skied from Kingsmere to Pink Lake. The advanced group skied from Kingsmere to Keagan.

The weary contented outdoor enthusiasts disbanded about mid-day. Comments of "This is the sort of thing we should do more of," were overheard as goodbyes were exchanged.

Thoughts on Completing the Rideau Trail

To hike the whole trail was my intent
Following the signs wherever they went
From Richmond Landing to Cataract Bay
South or north day by day.

Only a day pack I did carry
Take it steady - time to tarry
Returning to a house each night
To recall a special highlight.

When on the trail, use senses all
In winter, summer, spring and fall.
In each season there are changes to see
Clear views or tall trees' canopy.

From Spring's wild flowers to Autumn's show
Fungi and ferns or a frosty glow,
Blue lakes and rocky shore
Fossils, granite and much, much more.

Lunch on Spy Rock, a dip in the bay
Varied terrain along the way.
Pinewoods green and maple bush
Enjoy their shade - no need to rush.

You may see porcupine, raccoon or deer
The work of beaver will be very clear.
Take a break, sit on a rock
View the scenery, not the clock.

Enjoy the flowers, the birds, the trees
The clouds, the sunshine, all of these.
Hawks and owls and herons blue
Geese and ducks of various hue.

Smaller birds, just watch them fly
Silhouettes against the sky.
Leave the fruit for birds to eat
Bring your own special treat.

Marshes, swamps and spring fed streams
Lakes and ponds with life do teem.
Rivers, canals and waterfalls
Man-made channels, strong stone walls.

Cedar fences, poles of stone
Abandoned homesteads left alone.
Remnants of the pioneers
Who toiled and worked in other years.

Urban landscapes, traffic noise
Moms and Dads and girls and boys.
Each group has a favourite way
To spend the time on a chosen day.

Old friends and new have shared with me
Their time, their cars, their company.
To each one I am in debt
Founders, landowners do not forget
Who made it possible to complete this tale
My walks on the beautiful Rideau Trail.

By Cathy Cutts

Cathy never forgot her grammar school motto:
"Step by step one goes a long way!"

Cathy was presented with her 200 Award at the
last Annual General Meeting.
Congratulations, Cathy!!



FOHTA OUTLOOK

Hike Ontario, Box 422, Cambridge, Ontario, N1R 5V5.

Vol.4, No.1 Winter 1984

Conservation and Hiking in South Africa

"The trails era has hit Southern Africa and hiking is now the fastest growing outdoor activity among South Africans and no wonder - discovering nature on foot takes a lot of beating." This statement from a June 1, 1983 South African newspaper indicates just what has happened in that country in the past decade concerning recreational hiking. The first hiking trails were opened in 1973, and a National Hiking Way Board was established in 1975. At present there are some 1000 km of trails under the control of the Boards, 'ranging in setting from Karoo landscapes to Cape and Natal mountains and from flat grasslands to evergreen forests'. Conservation areas without trails these days are exceptional; some trails are nature walks for day use only, others are long distance hutted routes. The State controlled conservation areas feel very strongly about trails and their use in environmental education, and as a means of gaining public support from citizens when conservation areas are threatened by developers. Jaynee Levy has described over 300 hiking routes in her book Everyone's Guide to Trailing and Mountaineering in Southern Africa. Let's hope the South Africans can keep up the momentum - they certainly have a beautiful country in which to tramp.

From Environment RSA, Oct.1983.

FOHTA Initiatives in 1983

1. A future-planning committee has defined new priorities for FOHTA, namely GOVERNMENT RELATIONS, PUBLIC RELATIONS and VOLUNTEERISM.
2. Mr. W. THORSTEINSON was hired to work on the first phase of the Volunteer/Executive development project. A questionnaire was prepared and circulated "to a random selection of representatives of government, public organizations and members of related Associations regarding FOHTA's role." The questionnaires have been analysed and a full report has been forwarded to the FOHTA board of directors for discussion.
3. Funds have been secured for subsidizing the costs of printing and mailing newsletters which incorporate "FOHTA OUTLOOK!" Details are available from club FOHTA representatives. The Ministry of Tourism and Recreation have very kindly helped out with financial support in the past year.
4. A WINTARIO grant of \$1300 has been received and will be used to subsidize costs incurred by FOHTA members clubs who participated in the 1983 GO TO BLAZES DAY.
5. Thanks, primarily, to Ross McLean, an Ontario-wide GO TO BLAZES DAY was held.
6. A panel display and slide show were completed and are being put to good use around the province.

The opinions expressed in this Newsletter are those of the Editor and contributors, and do not necessarily represent the position of the Federation of Ontario Hiking Trail Associations.

Edited by D. Hull

Five Winds Touring Club

Five Winds is a touring club of more than 200 members who enjoy wilderness cross-country skiing and the companionship and safety of skiing in small groups of 5-6. They travel by bus from Toronto each Sunday to their own trail system on 200 square miles of crown land near Gravenhurst, and ski for about 6 hours.

For less experienced skiers, there is Saturday instruction at ski areas near Toronto at the beginning of the season and some shorter Sunday trips on their trails with indoor lunch breaks.

Lynn Allen, President of the Club, reports that discussions are taking place between F.O.H.T.A. and Five Winds concerning a possible association between the two groups.

For further information, contact

Helga Loesel
Membership Secretary, F.W.T.C.,
3208 Yonge St. Apt.4
Toronto, Ontario
M4N 2L2
(telephone (416) 486-0775

Sentiers Quebec. La Federation Quebecoise de la Marche

FOHTA Secretary Bob Fanning has a file full of brochures, newsletters, guide-maps, and information sheets from Sentiers Quebec, an organization that in Quebec appears to serve the same functions as FOHTA in Ontario. John Saywell, Executive Director has placed FOHTA on Sentiers Quebec mail exchange list and extends a publication exchange offer to any Ontario club. The B.T.A. is already taking advantage of this offer. Anyone interested in hiking in Quebec, and judging from Sentiers' literature there are some beautiful areas to tramp, may contact Bob at (416)298-7250 or better still should write or phone Mr. John Saywell, Executive Director, Sentiers Quebec, 1415 Rue Jarry Est, Montreal, Quebec, H2E 2Z7 (telephone (516) 374-4700). Most of the material is in French;

there is, however, a brochure in English presenting major hiking trails in Quebec, and the guide-maps are easily understood even by your editor who shamefully admits to little knowledge of French. FOHTA will be keeping in close contact with Sentiers Quebec, and any other organization in other provinces that have the same general objectives as FOHTA.

National Trail Association of Canada

The November 1983 newsletter of the NTAC announces that an application to Fitness Canada for a national meeting has been accepted, the meeting to be held in Ottawa in the new year. The purpose of the meeting is to explore proposals for a walking trail spanning the country; a tentative route has already been mapped out. All those interested should contact the National Trail Association of Canada, Box 6623, Station D, Calgary, Alberta T2P 2E4.

Free Admission to Provincial Parks on Civic Holiday

The Ministry of Natural Resources has a Bicentennial New Year's gift for the people of Ontario. There will be no day-use admission charge at Ontario's provincial parks on Monday August 6, 1984 - the Civic Holiday. And many parks will have even more to offer that day -- Bicentennial events ranging from public picnics to historical demonstrations and pageants.

The Bicentennial holds special significance for two of Ontario's provincial parks. It marks the first full year of operation for Frontenac Provincial Park in eastern Ontario, and the 75th anniversary of the Quetico Provincial Park in north-western Ontario.

Frontenac Provincial Park, a 70-square-kilometre park 30 km north of Kingston, officially opened in 1983. The rocky, lake-studded park has about 100 km of hiking trails, 40 km of canoe routes, and is renowned for its excellent lake trout, brook trout, northern pike and bass fishing.

M.N.R. News Release, Jan. 3, 1984.

Opinicon Loop - Bedford Mills Weekend

At the R.T.A. annual general meeting and banquet last year in Newboro, the lady sitting next to me said, "You are going to stay here tonight? All alone! What are you going to do?" Well, I wanted to do some exploring and, yes, I rather enjoy doing it alone.

The next day, I checked out Chaffey's Lock with an eye to hiking in the area. The Opinicon Hotel impressed me because of its proximity to Frontenac Park and the Rideau Trail, its excellent food (including packed lunches) and comfortable accommodation - all at reasonable prices.

Back in Ottawa, I passed the word along and a group of combined Rideau Trail and Ottawa Rambling Club members made plans for a hiking trip to Chaffey's Lock the 11th of November holiday weekend. We left Ottawa leisurely Friday morning in miserable weather planning to have lunch on Foley Mountain. The heavy rain and winds convinced us, however, to accept a friend's invitation to enjoy the warmth of her living room in Westport instead.

By the time we had checked into the Opinicon Hotel, the weather had cleared sufficiently for an afternoon hike on the Plantation Trail, one of several walking trails in the area ideal for a half day's hiking. Returning to the hotel, we made plans to hike part of the Opinicon Loop and then join the main Rideau Trail towards Bedford Mills on Saturday.

Fresh snow fell during the night so the scenery was exceptionally beautiful as we headed down the railway tracks between frosty, glistening branches very similar to hoar frost. We discovered a heron colony, closed for the winter in a swamp near the railway. None of us had ever seen a sight quite like this before! The swamp was flooded and the trees dead, resembling a deserted beaver dam. Near the tops of the trees were enormous nests which appeared to be about three feet in diameter. At least 25-30 of them! While we are not the most knowledgeable birders, we guessed this must be a heronry.

Joining the Opinicon Loop Trail where it crosses the railway right-of-way, we headed northward into the forest. We had discovered heron nests and now we were getting to know all about juniper bushes too! Those juniper meadows took on a whole new dimension. Last Easter, this same group of people, after hiking the Slide Lake Loop in Frontenac Park, dined on roast rabbit with juniper berries in a Kingston restaurant. So this was where juniper berries came from!

Jim Fish's article on trail maintenance in the Winter newsletter mentioned he would like to know where invisible marking caused people to get lost. We encountered problems getting from the Opinicon Loop to the main Rideau Trail by relying solely on the map kit and the markers. If we had had the trail guide book with us, I think we would have been O.K. I would caution hikers unfamiliar with this section of trail. Our searching did take us to Benson Lake though, (which the trail does not do) and we enjoyed a chat with a local lady who came out to see what her dogs were barking at.

The weekend was so successful that before leaving Chaffey's Lock, we enquired about Easter weekend reservations. Plans are firm now for a return trip, which will hopefully include Frontenac Park. By Mary Breig

Algonquin Opens Mizzy Lake Trail

In addition to the Western Uplands and Highland Hiking Trails, hikers now have the Mizzy Lake Trail located on the north side of Highway 60, between the Arrowhead and Weldwood Roads in Algonquin Park. Opened by the Ministry of Natural Resources in 1983, the 11 km round trip Mizzy Lake Trail is somewhere in between the two major trails designed for backpackers who wish to spend two or more days camping in the interior and the short interpretive trails. The Park guide cautions that it requires an early start and a full day to complete and there is a greater than normal need for good solid footwear because the trail is not broken in yet.

Designed with a view to maximizing the hiker's chances of seeing wildlife, the trail visits nine ponds and numerous small lakes where the possibilities of seeing moose and beaver are good. Part of the trail goes along the abandoned Ottawa-Arncliffe-Parry Sound railway built across the park in 1894-96 by the lumber baron, J.R. Booth. From the track you have excellent views of West Rose Lake and Wolf Howl Pond and on the roadbed, you can see tracks of moose, deer, bear, wolf, beaver, snapping turtle, and perhaps see the animals themselves.

With loops of 32, 55 and 71 km on the Western Uplands Trail, loops of 19 and 35 km on the Highland Trail, the full-day 11 km Mizzy Lake Trail and shorter, half day trails like the 5.1 km Booth's Rock Trail, hopefully our hikers won't overlook the possibilities of Algonquin Park when planning their trips. By Mary Breig

Ottawa Club Long Term Planning

Like other trail clubs in the Association, the Ottawa Club has regular executive meetings to deal with ongoing matters relating to trail maintenance, routes and negotiations, publicity, hikes and other activities. Last year, a number of members of the executive came to the conclusion (great minds think alike) that a separate series of meetings (as many as necessary) was needed to take a long, hard look, in a less structured setting, at where the club is going, how it should be administered and what philosophy should govern the work of its various officers, committees and activities.

To date, two meetings have been held. The first dealt with the question of routes and negotiations and resulted in the preparation of new guidelines which are being considered at the Association level and will be printed in a future edition of the newsletter. The second meeting dealt with two items. The club's approach to the Ottawa Regional Forest (Marlborough Forest) was discussed at length and guidance provided to Peter Andrews, our representative on the committee concerned with planning the administration of the Forest. A free-ranging discussion of the question of general publicity for the Rideau Trail was the second item. This brought out many constructive ideas involving all publicity media and, even if only some of them are implemented, should result in a larger membership.

Other areas yet to be discussed include all aspects of hiking and other group activities, executive structure and membership contact. It is hoped that apart from introducing some useful changes in the structure of the organization and in the operating practices of the club, the meetings will result in a more dynamic and vigorous association. By Bill Grant

ALL TRAIL RE-ROUTINGS SINCE 1981

Sydenham Route Change MAP11

The bridge across Millhaven Creek west of Sydenham being generally under water has called for a re-routing of the trail in this area. At the same time, we have tried to take this section off the road and into open country. Thanks to the splendid efforts of Emma Martin and Virginia Moss, who maintain the trail sections north and south of Sydenham respectively, this has been accomplished. However, the route does now run through Sydenham itself and this perhaps needs some explanation. The decision to run the trail through the village was made for 2 reasons. First, it is the only major supply point on the trail between Westport and Kingston. Second, the village is of historic and scenic interest.

As the trail also now crosses farmland which is actively used for farming, members are reminded of our Hiker's Code, in particular to use stiles, to walk around the edge of fields and not to disturb farm animals. We are grateful to the landowners in this area who have given us permission to cross their land. Let us show it in the way we use the privilege they have extended to us.

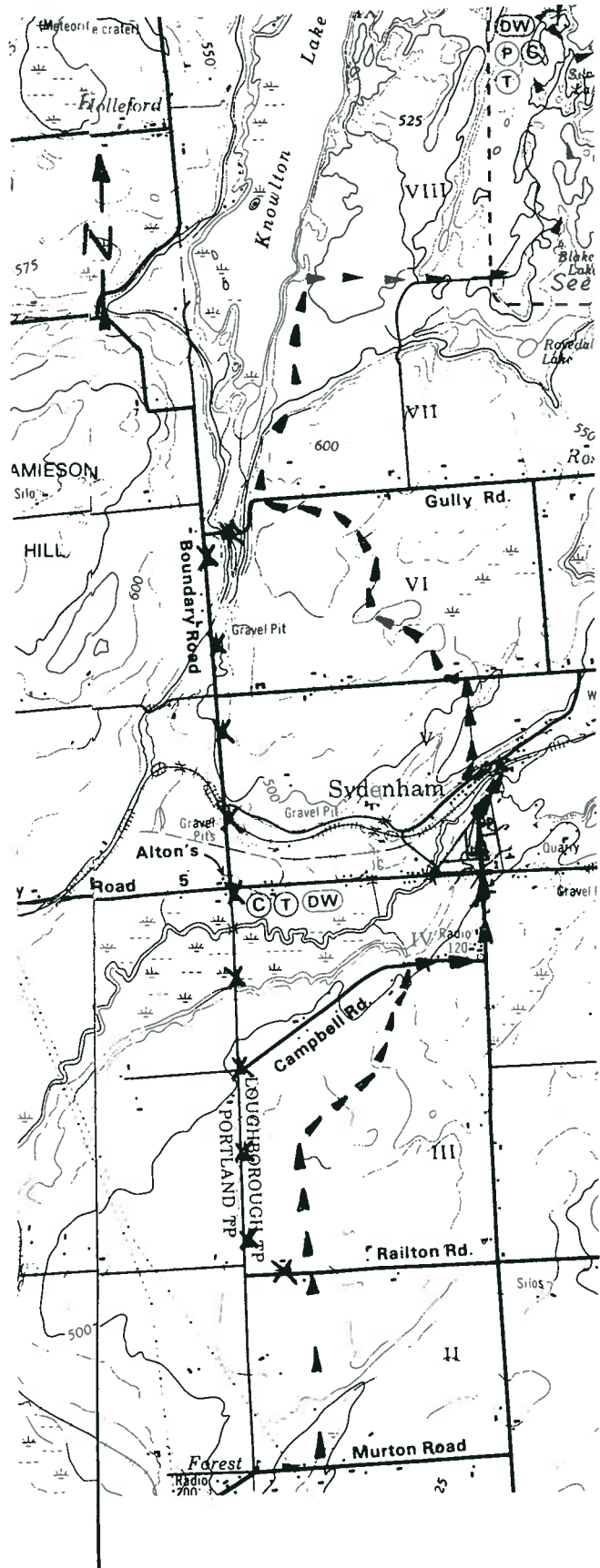
Frontenac Park MAP 10

In the spring of 1981 the trail markers from Pond Junction to Camel Lake were removed. The Rideau Trail in Frontenac Park now consists of the main trail from Salmon L. Rd. to Perth Rd. (via Pond, Rock and South Slide Junctions) and the Slide Lake Loop. In addition, an extensive set of hiking and X-country ski trails is being developed in Frontenac Park by the Ministry of Natural Resources.

Corrections to MAP 12

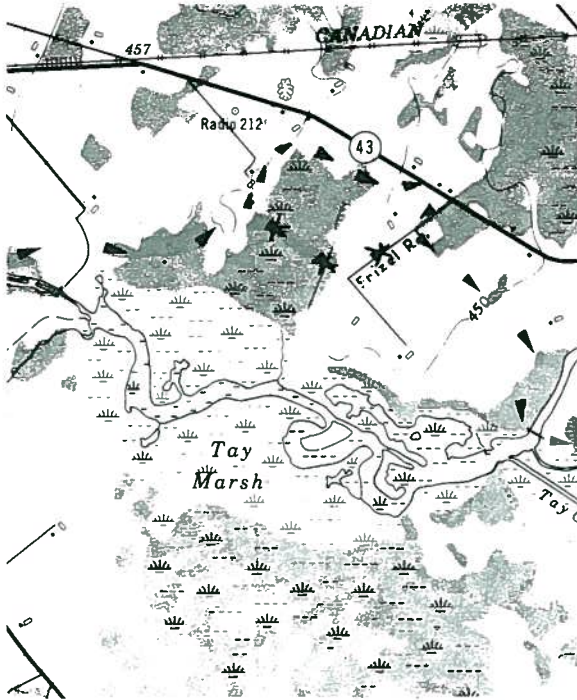
The road named Jackson Mills Rd. on the map is actually Cordukes Rd. and Old Hwy 38 is now called McIvor Rd. Jackson Mills Rd. is the road that runs S.W. from the 5th Concession Rd. near Bur Creek to McIvor Rd.

MAP 11



Re-routing from Perth

MAP 7



This section of trail has again been rerouted to avoid Hwy 43 and still go around the Tay Marsh east of Perth which is virtually impassible year-round.

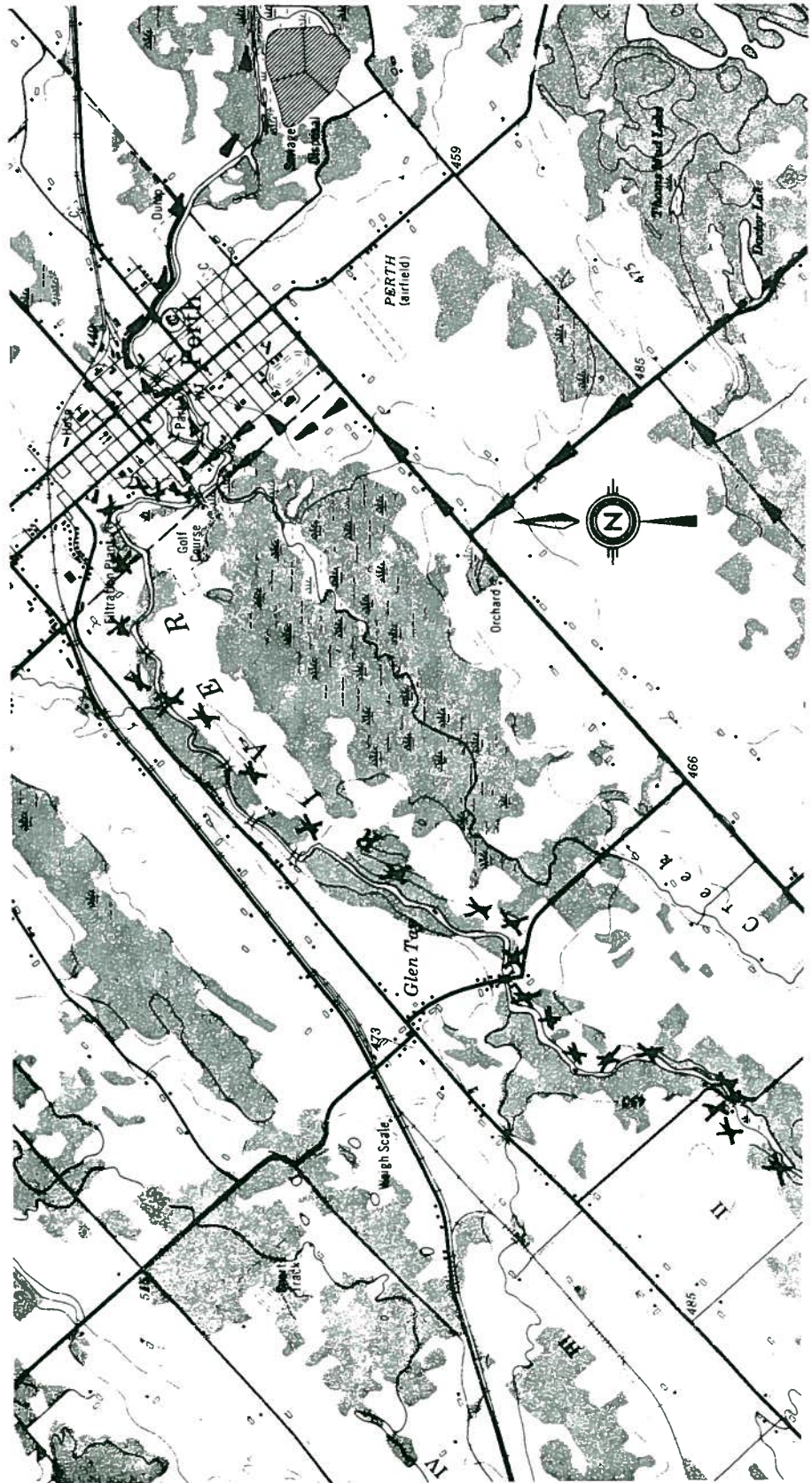
NOTICE

The Rideau Trail where it crosses private land will be **CLOSED** on **Tuesday, March 6, 1984**. This action is necessary to protect the landowners who generously allow us to cross their land the rest of the year. Beware of trespassing on this day!

A Quotable Quote: "If you are seeking creative ideas, go out walking. Angels whisper to a man (or woman) when he goes for a walk."

Submitted by Richard Cross.

MAP 7

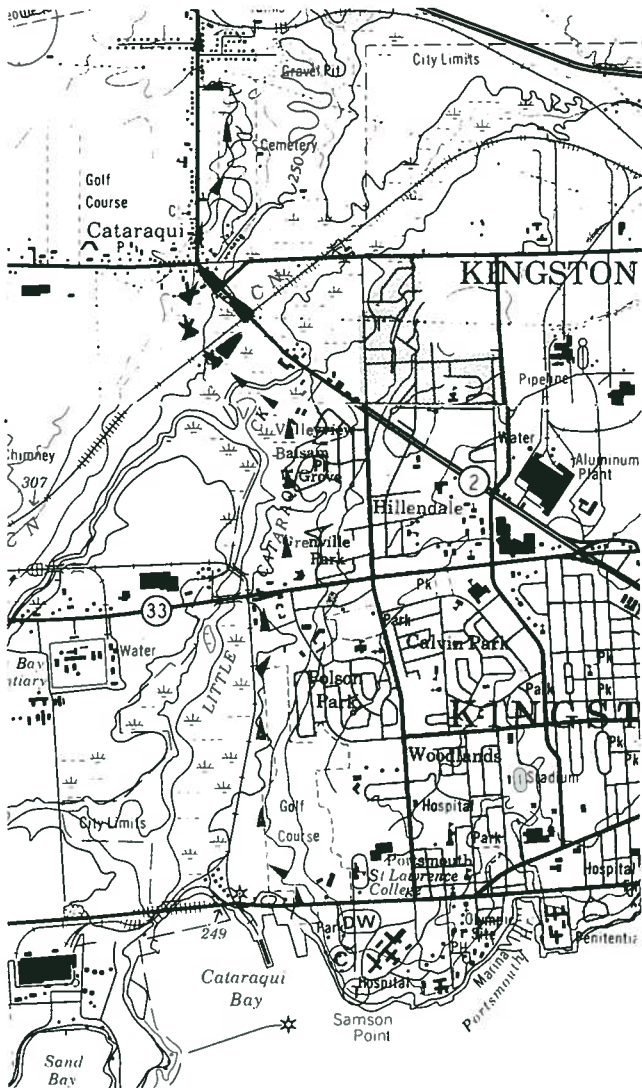


to Murphy's Point Provincial Park

At Murphy's Point a road section has been replaced by 2km of trail through the Provincial Park. Hikers are welcome to use park facilities: toilets, change room, beach and hiking trails.



Cataraqui Marsh Re-routing MAP 12



The catwalks across Little Cataraqui marsh south of the main C.N.R. tracks, previously destroyed by fire, have been replaced. However, road construction north of the tracks makes re-routing around that area necessary.

The trail now follows the new catwalks turning east just south of the tracks, climbs up the railway overpass embankment to reach Princess Street, continues along Princess St. north to the junction of Sydenham Rd. and there re-joins the existing trail where it heads into the cemetery.

Note that the temporary diversion after the fire along the Princess St. Parkway, has been discontinued.

Access to the School House

Cross-country skiers or hikers wishing to use the School House off Roger Stevens Rd. (Map 4), can borrow a key from one of the following R.T.A. members in Ottawa:

Peter Brebner, 729-8178

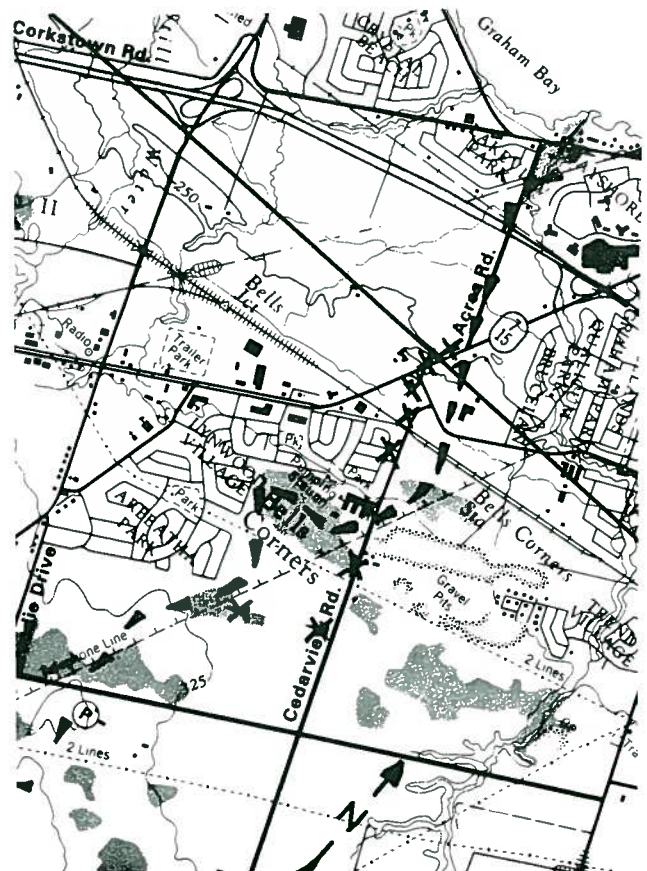
Ron Hunt, 746-1150

Pearl Peterkin, 829-3062

Access to Manning Cabin

Hikers wishing to reserve the use of the Manning Cabin (Map 4) located off Flood Rd. just N.E. of its intersection with Dwyer Hill Rd. should contact Merv Brown at 226-5648.

Bells Corners MAP 1



OTTAWA HIKES

Saturday, March 18. Stoney Swamp

Our first Spring hike will be on the re-routed section off Cedarview Road. During the 10 to 12 km hike, we will traverse a partly wooded area. Meet in front of the Supreme Court Building on Wellington St. at 9:30 a.m. or at W.E.S.C. at 10:00 a.m. Bring a lunch. Leader: Elaine Vininski, 722-3358

Sunday, April 15. Rosedale Area

This is the first hike in the series of hikes we are planning this year to cover all sections of the Ottawa end of the trail. The area covered today will be 13 km from Rosedale to the Carleton County Line (Map 5). Meet at W.E.S.C. at 10:00 a.m. and bring a lunch. Leader: Boris Mather, 238-6409

Saturday, April 28. Cabin Cleanup

Help with spring cleanup at the cabin. Meet at W.E.S.C. at 9:30 a.m. Leader: Ron Hunt, 746-1150

Sunday, May 6. Marlborough Forest

This second hike in the series will start at the Carleton County Line and end at the Roger-Stevens Road (Map 4). Much of this 14 km is in the Marlborough Forest. Meet at the corner of Booth and Albert Streets at 9:00 a.m. or at W.E.S.C. at 9:30 a.m. Don't forget your lunch. Leader: Elaine Vininski, 722-3358

Sunday, May 13. Bike Hike 35 km

Join the second annual bike hike. Bicycle to Carp along scenic trails and county roads or go as far as South March and await the group's return. Sample the cuisine of the restaurant in South March. Meet at Lincoln Fields Shopping Centre in front of Woolco at 10:00 a.m. Leader: Al Gamble, 729-5056

Monday, May 21. Perth Area 15km

Hike in the area between Perth and Murphy's Point Provincial Park. Meet at Westgate Shopping Centre in front of Toy City at 9:00 a.m. Bring a lunch and insect repellent. Leader: Peter Brebner, 729-8178

Saturday, May 26. K & P Trail 16km
This is the third and last of a series of "flat" hikes on the old Kingston to Pembroke railroad bed in Northern Frontenac County from Levant to Snow Road. Bring a lunch and meet at W.E.S.C. at 10:00 a.m.

Leader: Bill Grant, 820-0697

Sunday, June 10. Ottawa A.G.M.

Come to the Ottawa annual general meeting at Baxter Conservation Area. See details in the notice below. Meet at W.E.S.C. at 9:30 a.m. Bring a lunch - barbecue facilities are available.

Contact: Elizabeth Mason, 729-6596

Saturday, June 16. Gatineau Hills

Enjoy a 16 km hike in the Gatineau. Depending on the weather, pack a swim suit and insect repellent as well as your lunch. Meet on the steps of the Supreme Court Building on Wellington St. at 10:00 a.m.

Leader: Joe Parton, 733-7624

***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 A.G.M.

When: Sunday, June 10, 1984

Where: Baxter Conservation Area

Time: 10:00 a.m. to 3:00 p.m.

10:30 a.m. Hike led by Leanne Kane
of Baxter Interpretive Centre

12:00 noon Picnic Lunch

1:00 p.m. Annual Meeting

Facilities:

Swimming, Barbecues, Playground

Kingston Club Schedule of Outings

While the first couple of outings may be ski runs, the balance are expected to be regular hikes, with some emphasis on exploring wildlife. Three hikes are planned along the unused CNR line between Sydenham and Chaffey's Lock. Any comments concerning that right-of-way as a potential alternate trail or as part of a loop will be welcomed.

Please call the hike leader for information and to register your intention to participate in the following outings:

Wednesday, March 7. 4km

Ski or snowshoe the area south of Elginburg Road at a leisurely pace hopefully enjoying a warming sun. Meet at Sears north door at 1:30 p.m.
Leader: Peter Skelton, 544-0151

Sunday, March 11. 8km

Ski or hike north of Elginburg Road to the Orser Road. If the ground is wet, some of the run may have to follow the CPR right-of-way. Meet at Sears north door at 1:30 p.m.
Leader: Larry McCurdy, 546-0683

Saturday, March 17. 7.5.km

Ski or hike from the Orser Road to Sydenham and explore the village. Meet at Sears north door at 1:30 p.m.
Leader: Peter Skelton, 544-0151

Sunday, March 25. 10km

Explore the CNR right-of-way east of Perth Road going towards Chaffey's Lock. Meet at Sears north door at 10:00 a.m. and bring a lunch.
Leader: Jim Gartenburg, 542-8942

Saturday, March 31. 10km

Explore the CNR right-of-way west of Chaffey's Lock going towards Perth Road. Meet at Sears north door at 10:00 a.m. and bring a lunch.
Leader: Joan Hughes, 549-6265

Wednesday, April 4. 3km

Enjoy a leisurely hike at Lemoine's Point to see what spring flowers are up. Meet at Sears north door at 1:30 p.m.
Leader: Emma Martin, 542-1594

Saturday, April 7. 8km

Hike around the Cataraqui Creek Conservation Area. Take a trail guide and look out for distinguishing features. Meet at Sears north door at 1:30 p.m.
Leader: Arch Mason, 544-5690

Sunday, April 15. 9.5km

Hike from Sydenham to Gould Lake. The gorge should be interesting at this time of year. Meet at Sears north door at 10:00 a.m. Bring your lunch.
Leader: Moira Drummond, 544-9529

Saturday, April 21. 8km

Hike the Peninsula Trail in Charleston Lake Park. The scenes are beautiful but the trail can be wet in places. Come adequately shod! Meet at Sears north door at 10:00 a.m. Bring a lunch.
Leader: Don Green, 542-4043

Saturday, April 28. Kingston A.G.M.

This year, why not bring the whole family out to the Kingston annual general meeting and find out what's happening in Frontenac Park. For details check the notice on page 13. Anyone requiring a ride should meet at Sears north door at 9:15 a.m. Bring a picnic lunch.
Contacts: Moira Drummond, 544-9529
Cathy Cutts, 542-5414

Wednesday, May 2. 2.5km

Enjoy a leisurely hike from Elevator Bay to Bath Road and look out for water fowl. Meet at Sears north door at 1:30 p.m.
Leader: Wilhelm Dietrich, 542-7913

Sunday, May 6. 7km

Explore the east side of Gould Lake. There'll be lots to see in the woods at this time of year. Meet at Sears north door at 10:00 a.m. Bring your lunch.
Leader: Arnold Pitman, 548-3486

Saturday, May 12. "Go to Blazes" Day
Trail maintainers and hikers, it's time once again to come out and do a little clean up and repair to get the whole trail in shape. Bring your friends and relatives to help on this day of work and fun. Contact:
Tom Kaddits, 546-0806 north end of trail
Don Green, 542-4043 south end of trail

Monday, May 21. 11.5km

Hike from Gould Lake to Frontenac Park. Get away from it all for a day and get into one of our more remote areas. Meet at Sears north door at 10:00 a.m. and bring a lunch.

Leader: Stan Douglas, 389-2563

Sunday, May 27. 13km

Tour around the Slide Lake Loop. Come prepared to exercise! Meet at Sears north door at 10:00 a.m. Bring a lunch.

Leader: Sam Heusel, 542-2201

Sunday, June 3. 12km

Explore the CNR right-of-way from Sydenham to Perth Road. This hike will complete the survey of the CNR line in our area. Come and see it and let us know what you think. Meet at Sears north door at 10:00 a.m. and bring your lunch.

Leader: Arne Henrikson, 544-0465

Wednesday, June 6. 2.5km

Enjoy an easy afternoon going north from Bath Road to Princess St. There should be many birds along the trail. Meet at Sears north door at 1:30 p.m.

Leader: Joyce Mayhew, 389-9819

KINGSTON CLUB A.G.M.

Saturday, April 28, 1984

Frontenac Park Interpretive Centre

Enter off Dessert Lake Road

10:00 a.m.

Refreshments in the new Centre

10:30 a.m.

Business Meeting & Election of Officers

11:30 a.m.

Picnic Lunch - Bring Your Own!

1:00 p.m.

Presentation by the Park Staff
"Springtime in Frontenac Park"

2:00 p.m. to 4:00 p.m.

Hiking in the Park

Come and support your club!

There'll be barbecues to cook on, good hiking and even an early dip in the lake (providing the ice is out!)

"WEDNESDAY WALKERS" by Moira Drummond

Size: Various shapes and heights.

What to look for: Does not change colouring - except in outerwear.

Habitat: Comes from local environs and found mainly in or about the Rideau Trail.

Habits: May be seen on Wednesdays, congregating at the Kingston Centre at an appointed time.

Groups range from three or four to nine or ten, clad in their protective colourings and carrying a multitude of equipment according to the day's need.

Have been seen climbing, hiking, canoeing, snowshoeing, skiing, sunning, bird-watching, sleeping and, on occasion, at the count of three and a shout of "last one in is a _____", skinny dipping.

Eating is enjoyed by all - sometimes an Alfresco picnic along the trail or sometimes as darkness falls, they may be seen wending their way to a formal dinner complete with crystal, fine china, candlelight, wine and music.

Hm m m m! Wednesday Walkers, you say?
Found only on the Rideau Trail? Pity.

200 Certificate Awarded

Last September the trail was completed from end to end by **Bernard Barsby** and **Margaret Thompson** of Fredericton, N.B. They accomplished this by parking their car at a point easily accessible by road, then hiking the trail with a light day pack to a point where they could easily hitch hike back to the car. This proved an ideal way to meet local people, some of whom went out of their way to return them to their car. They kept a detailed log including items under the headings: **Date, Start, Finish, Time, Distance, Weather and Remarks.** One entry looked like this: Sept. 6/83, 0930 Jct of rd allowance and road south of Perth, 1800 Port Elmsley, 8:30 a.m., 24.6 km (some distances estimated), overcast and cool. "Good Hiking. Perth an interesting town. Walked through a flock of sheep in a field. Had to wade across a dam near end of Tay Canal. New experience. Hitched back to car. Drove to Smith Falls and camped there. Some light rain during the night."

Congratulations on your achievement and thanks for your valuable feedback!

A Hiker's Journal by Terry Fuchs

Notes on Some Fall and Winter Kingston Rideau Trail Club Outings

October 22-23: Overnight Backpack from Narrows Locks to Murphy's Point Park.

For the first time in my experience the annual late October overnight backpacking trip is not being led by Arne Henrikson but by Tom Kaddits, or is it Mary Jane Bowes? (But that's another story.) In any case, Tom is waiting at Sears bright and early Saturday morning and obediently we follow him, a handful of troopers, four to be exact, one of whom is his daughter, whom he alternately calls Ella or Tammy, perhaps to increase the size of his command.

Once the car shuttle has been completed we tromp into the woods, on the track of what, later in the day, will become increasingly elusive orange triangles. Tom helps Tammy with her pack, piles on coats, canteens, sleeping bags, pots and pans. She groans under the weight. Tom himself heaves a huge Madden pack up onto his back with an effortless shrug of his shoulders, then springs on up the trail like a mountain goat. Tammy calls a lunch stop.

After lunch we follow the shore of Big Rideau Lake - on a narrow, gravel cottage road, the Rideau Trail having gotten somehow misplaced. We spend most of the afternoon on the road. Veteran hiker Dale Myrfield looks pointedly at our leader and says, "I've never hiked so much on roads." On a patch of soft, sunny grass Tom lies down to show us sorrel. He nibbles some. Under my breath I'm praying that he doesn't find any wild leeks. I do not even know if they're in season, but I remember him eating one in the spring. We could not have given him a wider berth if he had been stroking a skunk in his arms. Leeks reek.

In the mid afternoon we choose a campsite, courtesy of the generosity of the owner of Rideau Lake Park. Moaning, Tammy gratefully lets her swollen pack to the ground. She begins to unpack the compartments: food, clothes, stove, fuel bottle, mittens, rainsuits, air mattress, foam mattress, sleeping bag, tent. Whistling at the magnificent view of Big Rideau Lake, Tom shucks his pack. When Tammy has the tent set up, the air mattress inflated, Tom unzips his pack, shakes out its contents. A sleeping bag.

"A sleeping bag!" I exclaim. "Is that all you carry in that big bag?"

"Well," says Tom, "you don't want to scrunch it up too much and lose the loft."

I whisper something to Dale about child labour laws but he tells me he is an engineer, not a lawyer. He also has daughters whom he takes hiking.

December 18: North of Elginburg Road.

It is the first hike Arnold Pitman has been asked to lead and word must have gotten out: the entire contingent fits comfortably into my medium size car. I do not know if anybody has told the hiking community about Arnold spinning down the Oxtongue River in a half-inflated rubber dinghy patched with duct tape - or stepping out of the canoe in the middle of the rapids, or portaging across the road

into the wrong lake, or breaking a friend's borrowed snowshoes - but something has scared the intrepid Rideau Trail walkers off today. I am here because I have paddled a couple of hundred miles with Arnold and am inured. Ray Forester is a long-time friend of Arnold's. I cannot account for the presence of Donald and Cathy Cutts. Sheer recklessness, perhaps.

As we walk along the railroad tracks (and where is the Rideau Trail now?), I am reassured by the compass in my pocket. But why, when I mention this comforting fact, does everyone turn white? Now, does the red part of the needle point to north or south?

January 4, 1984: Gould Lake

The hike is led by Jim Gartenburg, the suicide toboggan squad by your diarist. First we snowshoe across a frozen beaver swamp, through snowy woods, along Blue Lake, and across Gould Lake itself in time for lunch in the lee of the old barn. The steep hill above the barn is a stream of toboggans and sleds and bright blue or pink sheets of plastic. They bump and bounce and lurch and skid down the white slope, the sharp excited cries of children and a few foolhardy adults hanging in the crisp air. In many cases the toboggans reach the bottom ahead of their riders.

From the top it does look a long way down to the barn. While the others in our group have bivouacked for lunch, Jim and I have trudged to the summit, borrowed a toboggan, and are sitting cramped on it preparatory to hurtling down the incline. And hurtle we do. But somehow the nose has gotten pointed towards the edge of the hill, where it drops off toward the lake, and with my feet and the yellow rope I steer it back onto course. The hill is rougher than it looks from either the top or the bottom and we skip from bump to bump, like a flat stone across the surface of a pond, more than we skid. I wrestle with the steering as we careen down. At the bottom we suddenly broach, the edge of the toboggan digs into the snow, and I learn the literal meaning of the phrase "head over heels" - my head doing a job that my feet were better designed to do. Jim comes up spitting snow and with a raw, prickly close shave from the crusty surface. I recall the words of the man at the top of the hill as we sat down on the toboggan and maneuvered it into position for launching. "Remember," he said, "you're not as young as you used to be." I am a bit rusty after ten years. Okay, twenty. Privately I resolve to find a kid to give me lessons before I try again.

January 14: Myle's Acres

Skiling the groomed trails through the woods, I seem to be going against the flow. I keep meeting the other skiers from the Kingston Rideau Trail Club: Johanna Koeslag. Don and Cathy Cutts. Norm McLeod, loaded with his omnipresent photographic gear. Ray and Dorothy Forester. Arne and Helen Henrikson. Tom Kaddits. How novel it is, though, to see Rideau Trail members face to face. From our hikes, strung out in single file usually along a narrow trail, we are familiar to each other mainly by our backs.

Highlights of the Board of Directors Meeting Saturday, January 21, 1984

1. President Richard Cross welcomed Bonnie Kines of Kanata to the Board of Directors as Association Publicity Co-ordinator.
2. Cathy Cutts had received two copies of a limited edition print by Stephanie Raynor entitled "Dark Side of the Loon" as part of a F.O.N. promotion for club fund raising ideas. It was decided that one copy should go to each of the Ottawa and Kingston Clubs to be sold by auction or raffle.
3. The reprinting of new map kits is scheduled for July of this year. The mapping committee would be glad of any assistance from members to get this important project completed on time. Contact Richard Cross in Perth at 267-4270.
4. The Board of Directors apologizes for the late arrival of the Winter newsletter and the errors and omissions occurring in it.
5. Henry Heald reported that, if our newsletter incorporates the F.O.H.T.A. newsletter **Outlook**, we are eligible for reimbursement of some of our printing and mailing costs.
6. A report from Peter Brebner was read detailing his efforts in reorganizing the R.T.A. archives. Anyone possessing items that might belong in the archives should contact Peter at 729-8178.

Your Corridor Preservation Fund.

During the past year this fund has received a significant boost in the form of a bequest of \$2000.00 from the estate of Mary Slasor who was a long time member of the R.T.A. With this bequest, the fund now stands at \$6561.00, well on its way to achieving the goal of \$10,000 by 1986. It is time for Association members to begin giving some serious thought as to how this money might best be put to use. At its inception in 1976, the plan was to use the money to help provide funding to preserve areas of land for hiking and related uses. Any ideas or suggestions should be forwarded to our President, Richard Cross in Perth at 267-4270.

With Many Thanks

To all those generous members of the R.T.A. who included donations with their annual membership fees, the members of the Board of Directors extend their sincere appreciation. They also thank those who subscribed as patrons and thus became members for life. Since the R.T.A. is a registered charitable organization, all these donations qualify for deduction for income tax purposes. It should be noted, however, that tax deductible receipts will not be sent unless requested.

We invite your consideration when sending in your 1984 membership fee. Whether you donate \$1.00 or \$150.00, it all helps the R.T.A. to provide better service and to properly fund the clubs in Kingston and Ottawa and the Central Committee in the Perth - Smith Falls area. Donations do not go to the Corridor Preservation Fund unless specifically indicated.

Membership Renewal Time

Have you noticed the latest innovation on your address label? Oh the wonders of modern technology! There's a date printed in the lower right hand corner. If your label has the year 1985 or greater, you may ignore this notice for membership renewal because you're paid up until March of 1985 (or longer). If your label has no date, but the word Life or Comp (for complimentary), then you too may ignore the renewal plea, though donations of course are always still welcome. However, if your label has the year 1984, then **this renewal notice is for you!** Your membership has expired as of March, 1984 and your renewal fees are now due. So fill in the handy renewal card enclosed with this newsletter. **Do it now!** while you remember, not next week when you'll forget. Then don't forget to remember to mail it in the handy envelope provided and we'll all look forward to another year of wonderful hiking.

P.S. **Remember!** You can always pay your membership fees for more than one year. Then next year you won't have to remember not to forget to remember to renew again. And with a life membership, you won't ever have to remember not to forget to renew again!



Wise Owl says,
**"Don't forget to remember to renew!
Today!"**



If undeliverable, please return to:

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



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 (includes map index). 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 ()

Name.....

Address.....

.....

Postal Code.....

Telephone.....

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