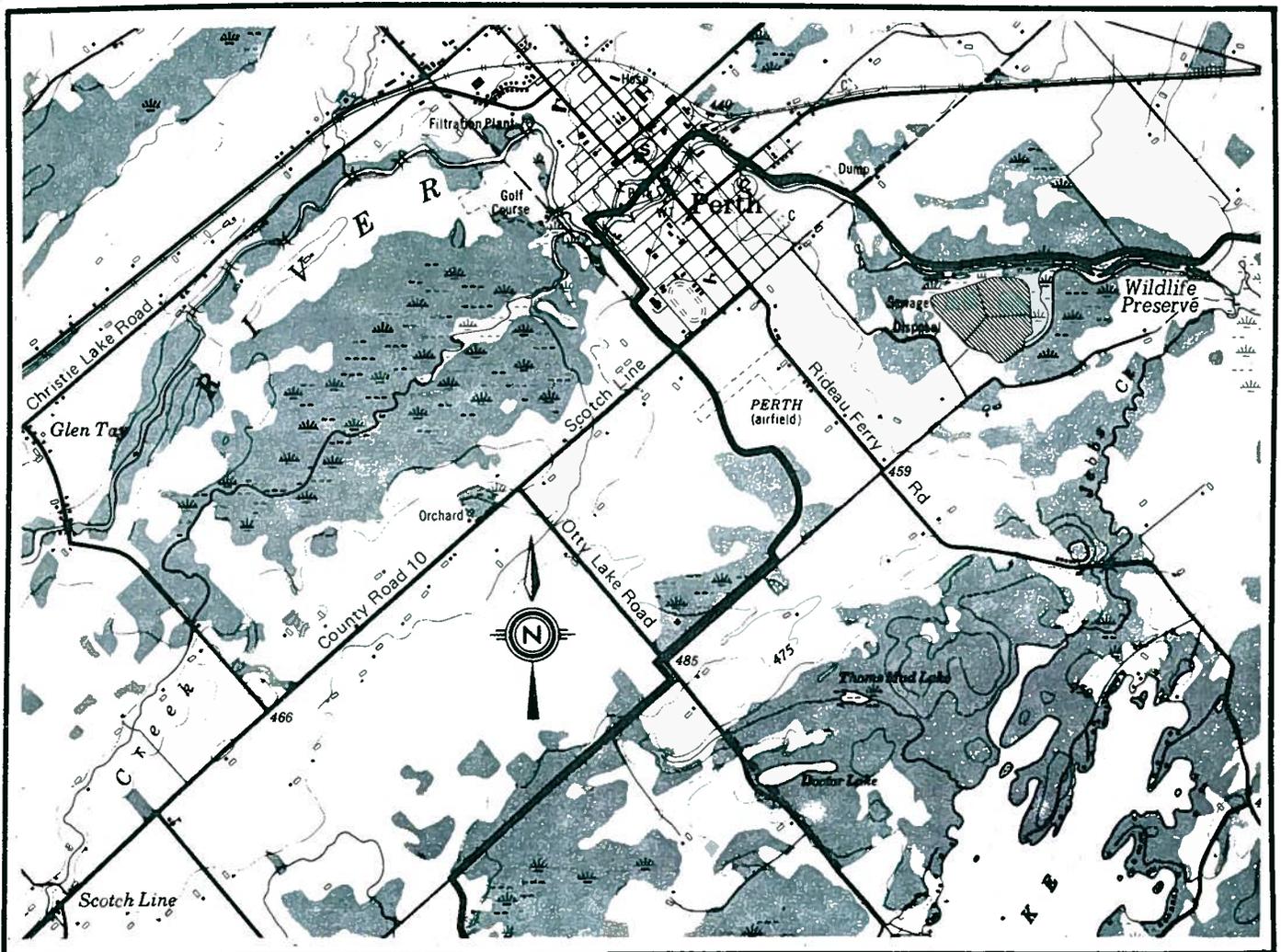




# The Rideau Trail NEWSLETTER

*Published by the Rideau Trail Association  
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Issue No. 57*

## FALL 1985



A handwritten signature in blue ink, located at the bottom of the page.

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, 1985, to Brian Lunergan, 152 Monterey Drive, Nepean, Ontario, K2H 7A8, 829-0609.

The Rideau Trail is a member of Hike Ontario (F.O.H.T.A.)

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

ISSN 0709-7085

### The Rideau Trail Association Board of Directors for 1984-85

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	Brian Lunergan, Nepean	829-0609
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Kingston Club Reps	Keith Bull, Kingston	546-9693
	Norm McLeod, Kingston	546-9444
Central Club Rep	Jean Riddell, Perth	267-5017
Archives	Peter Brebner, Ottawa	729-8178

### The New Map Kits are now Available!

The map kits are hot off the press and ready for sale to RTA members. The kits include all trail reroutings up to the end of 1984. (See page 10 for the first changes. Oh no! not already.) Buy your new map kit at the annual general meeting in September, or send \$4.00 per kit to:

Rideau Trail Association  
Box 15  
Kingston, Ontario  
K7L 4V6

As President of the RTA, Ron Hunt would like to take this opportunity to thank the following individuals whose assistance over the past two years helped to bring this current printing to fruition. Three cheers for: Richard Cross, Cathy Cutts, Peter Andrews, Al Gamble, Brian Lunergan and Pearl Peterkin of the Rideau Trail Board of Directors and Chris Earle of Carleton University.

Cover: A sample of one of the new maps.

## May Planning Meeting Highlights

On May 25, 1985 a special planning meeting was held at Bass Lake Lodge to evaluate the progress to date of the Rideau Trail Association and to set goals and objectives for the future. RTA directors, local club executive and committee heads as well as Gord Thompson of Hike Ontario attended the meeting.

Larry McCurdy gave a review of the last 14 years of RTA progress and then everyone divided into four groups for further discussion. The following is a summary of the recommendations of these four groups.

### 1. Corridor Preservation Fund and Routes & Negotiations

The Corridor Preservation Fund was set up in 1976 to raise money to to preserve areas of land for hiking and related purposes and a goal of \$10,000 was set. We have now reached that goal and the money is invested and earning interest.

- \* Revise the fund's purpose if needed.
- \* Do not be hasty in spending the money because emergencies can arise.
- \* Establish a new goal of \$50,000.
- \* Establish an optimum route (where the trail would ideally go) documenting corridor/property lines, hiring a geographer if necessary, so that we're prepared when the chance for re-routing occurs.
- \* In general, the RTA should avoid owning property because of taxes, except to preserve an important section of trail.
- \* Build more three-sided shelters at strategic spots on the trail.
- \* Develop new sites for tenting in areas where existing sites are too far apart.
- \* Work hard to maintain good relations with landowners by annual visits from an RTA representative and periodic thanks in the newsletter.
- \* Encourage feedback from landowners about problems, concerns and suggestions.

### 2. Trail Maintenance

- \* Use painted on blazes instead of wood or metal triangles, and yellow tips to show those going towards Ottawa.
- \* Keep a log book of each section of trail, numbered consecutively and indicating the landowner, size of section,

maintainer and any special features.

- \* Improve communication by having maintainers report twice yearly to the maintenance coordinator, hike leaders report after their hike, and asking for feedback from anyone who hikes the trail.
- \* If a section maintainer cannot handle the extent of repairs needed, the construction coordinator is advised.
- \* If the trail is impassable in a section, the routes coordinator is advised.
- \* Local club Boards have the authority to approve up to \$1000 in an emergency.
- \* More emphasis be put on ski areas.
- \* Design a badge for trail maintainers.
- \* Involve other groups like Scouts and Guides in extra trail maintenance.

### 3. Publicity and New Members

- \* When someone inquires about the RTA, there should be immediate response.
- \* Extra copies of the schedule of events be printed with the newsletter.
- \* A publicity person in all areas is vital, to distribute posters and brochures.
- \* Provide prizes for completing smaller sections of trail, to encourage more end-to-end hikers.
- \* Hold more slide evenings and displays.
- \* Use some paid publicity if free is not available.

### 4. People Resources

- \* Local clubs should have a coordinator of Human Resources to keep track of members' interests and skills.
- \* Establish a Welcoming Committee to contact new members.
- \* A welcoming letter be sent to new members along with their membership cards.
- \* The newsletter contain one page with association and local club activities.
- \* Each executive member train an interested person to take over their position when the time comes to retire.
- \* A list of guidelines for submissions be published in the newsletter.

Anyone having any comments, suggestions or criticisms of these recommendations, please contact someone on the board of directors listed on page 2.

### Hike Leader's Hints

Last spring, the Ottawa Club held a hike leaders get together at the home of Elizabeth Mason. If the sound level is any indication of the success of a gathering, than this one must have been a success. The singers and piano player had to compete with animated conversation on all sides. We did manage, however, find time to discuss these hints for hike leaders.

#### At the meeting place

\* The leader must be familiar with the area to be hiked. Scout it out beforehand if necessary.

\* Arrive 5-10 minutes early.

\* Introduce yourself as the leader.

\* Be sure all drivers understand how to reach the hike's starting point.

\* A map with directions may be useful.

\* Be sure everyone has transportation there and back.

\* Request that each person contribute towards the gasoline cost. Suggest an amount of \$2 to \$5 depending on the distance.

\* Announce to everyone before leaving the plan for the hike including destination, terrain, distance and estimated time of return.

#### Before the hike starts

\* Ask someone to be "Tail-end Charlie".

\* Ask the hikers to stay together between the leader and the "tail".

\* Introduce everyone, count heads and make a list of hikers.

#### On the hike

\* Pause once in a while for the slow hikers to catch up.

\* Count heads periodically.

\* Adjust the pace or the route to suit the hikers.

#### After the hike

\* Be sure that everyone is accounted for.

\* Announce the next up-coming hike.

\* Give the list of hikers to the outings coordinator. Also report any problems on the trail to the maintenance coordinator.

#### Miscellaneous

\* Where possible, have brochures or newsletters to give out to new members.

\* The leader should carry emergency necessities that include bandages, mole skin, emergency blanket, matches, etc.

### New Ottawa Club Executive

In April the Ottawa Club held its annual general meeting and elected these people as their club executive for 1985-86.

**Chairman** Ron Hunt 830-1592

**Secretary** Linda Hayes 234-1045

**Treasurer** Aileen Wade 733-8952

**Trail Maintenance**  
Jorge Puysegur 745-0563

**Route & Negotiations**  
Peter Brebner 729-8178

**Buildings & Lot Maintenance**  
Andrew Oakes 232-2755

**Outings** Barri Scully 233-3770

**Manning Cabin** Merv Brown 226-5648

**Newsletter Editor**  
Brian Lunergan 829-0609

**Hike Ontario Representative**  
Margaret Lafrance 692-4650

#### Steps in Maintaining a Trail

from the Voyageur Trail News, Winter '85

"Why isn't the trail better maintained and why aren't there more trails?" are questions often asked. A lot of people don't realize the many steps involved in constructing and maintaining a trail.

\* Choose a route from topographical maps and aerial photos.

\* Walk the route.

\* Find out who owns the property.

\* Locate the landowner & get permission.

\* Reroute if permission isn't granted.

\* Flag the route.

\* Clear the trail.

\* Build any bridges or styles.

\* Put up blazes.

\* Measure and describe the route.

\* Draw maps and write descriptions for the trail guide.

\* Stay in annual contact with the landowners and contact new ones when the land is sold.

\* Maintain the trail by trimming vegetation, clearing windfalls and replacing blazes.

When you consider that all this work is done by volunteers, than the wonder is that we have any trails at all.

Keep up the good work!

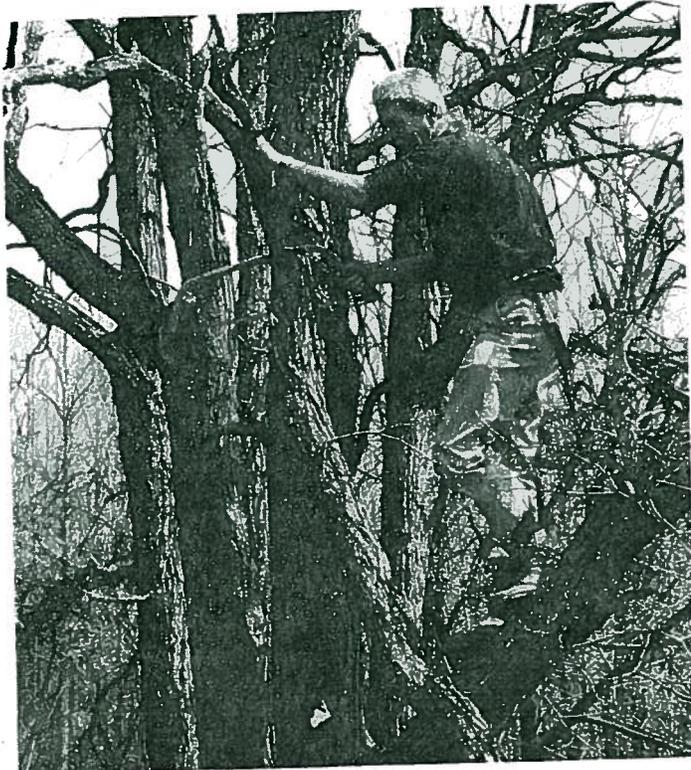
### National Trail Association Anniversary By Henry Heald

The National Trail Association, with its ambitious goal of "Towards a Foot Trail Across Canada", launched into its second year with an ambitious action program and an established headquarters.

Doug Campbell of Calgary was re-elected as president at the first annual meeting on May 11 in the Roxborough Hotel in Ottawa. Mike Fedak of Winnipeg was re-elected as secretary. Mike has established a permanent office for the NTA at 190, Rupert Avenue, Room 214, Winnipeg, Manitoba, R3B 0B2, courtesy of the Manitoba Naturalists.

Vice president is Jim Rutter of British Columbia. Doug Robertson, Executive director of the Bruce Trail Association, is in charge of fund raising and John Saywell of Quebec is publicity director.

The 1986 annual meeting will be held in Vancouver where Expo 86 has attracted both the International Trails and Rivers Congress and the American Trails Association Symposium. The chairman of the Congress has agreed to give an hour on the agenda for a discussion of the National Trail. An official opening of the trail will be arranged at that time.

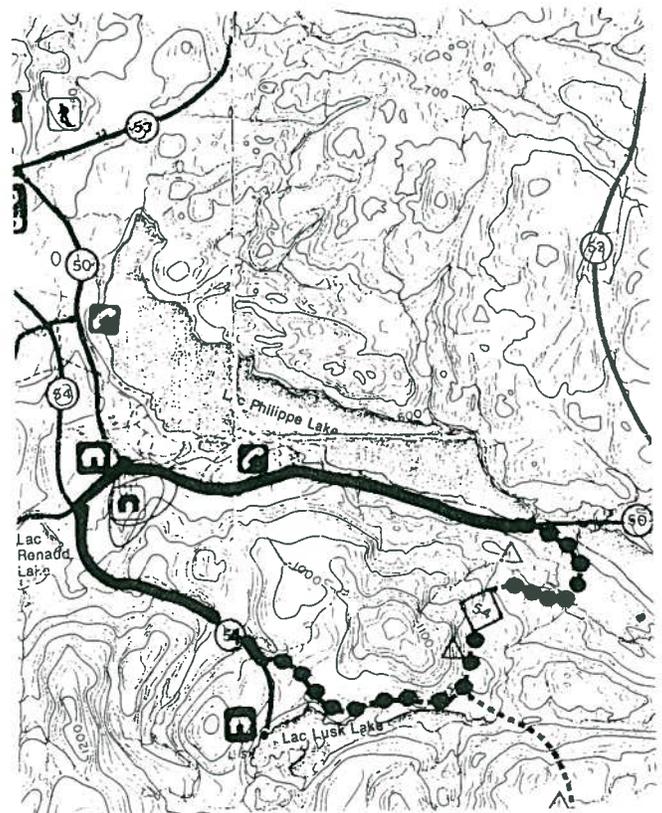


### Lac Philippe Area Outing By Jorge Puysegur

On Sunday, November 4, 1984, a group of Ottawa Club members hiked in the wilderness bordering Philippe, Renaud and Lusk Lakes in the Gatineau Park.

The hiking path followed trails 50 and 54 down to the area where the southeast tip of Lac Phillippe meets Lac Mouseau. As a short side hike, the group decided to visit and explore Lusk Cave. This cave is an underground passage which leads to a creek running down from a beaver pond, which some brave souls have managed to follow in the past. Nobody in our group volunteered to go through, for different vague reasons.

The map below shows the trails. Trails 50 and 54 are also suitable for cross country skiing and part of it (dotted line on trail 54) would be the delight of intermediate or advanced aficionados.



Boris Mather is up a tree trimming a broken branch, during the Ottawa Club's maintenance day, April 21, 1985, on the trail just east of Dwyer Hill Road near Brassil's Creek (Map 4).

## Hiking on Manitoulin Island By Bill Grant

The little known Manitoulin Island is an extension of the Niagara Escarpment, a 20 mile long limestone plateau just above the level of the surrounding Lake Huron. Geologically, it resembles the Quinte peninsula in Lake Ontario, but is much larger, less developed, and less heavily populated.

The island is very beautiful in the wildflower season, with day lilies and hawkweed among other flowers in abundance, and throughout the season, it has many attractions to offer.

The four trails on the island are not very long, but each offers something different and they can be covered comfortably in two days. The most interesting and longest trail (allow two hours walking time at least) is the Cup & Saucer Trail southwest of Little Current. This trail involves a pleasant climb to the top of dolomite cliffs containing small caves, and reaches the highest point in the island. The view to the north and south is sensational. A survey monument (benchmark) is to be found at one of the viewing points.

A second trail, the very centre of the island, is a cross country trail linking two of the larger lakes. It is a few miles long and traverses undeveloped backlands.

Two short trails, operated by the Manitoulin Tourist Association offer brief but satisfying walks beside streams and waterfalls. One, just north of Manitowaning on the east coast, is the High Falls Trail, leading from the highway down to the sea. It is less than two kilometers long. The other is the short Bridal Veil Falls Trail at the northshore of the island at the village of Kagawong.

While it is doubtful if eastern Ontario residents will travel this far for the sole purpose of hiking, it can be combined with a trip to the more famous Killarney Provincial Park on the mainland, or to the Bruce Peninsula to the south, to which it is linked by a ferry.

## Hiking in Winter - With a Purpose By Cookie Cartwright

If you are reading this, chances are you are interested in the outdoors. Does your interest drop with the thermometer? Do you like hiking, but not ploughing through a foot of snow in heavy boots or snowshoes? Would you like to be useful to your fellow humans while upgrading your own skills and outdoor knowledge?

If you answered "yes" to any of the above, consider joining the Canadian Ski Patrol System as a Nordic Patroller. After a ten week training course in first aid, including CPR, you are confident of your ability to deal with virtually any medical emergency. First year Nordics are also exposed to some basic training in equipment, clothes, nutrition, and map and compass use. Familiarization with our areas of patrol (in case of search and rescue operations) will be held prior to snowfall. On-trail training follows, including fires in winter, shelter building and survival in emergencies.

This year the Frontenac Zone patrol will be regularly assigned to Frontenac Park and Little Cataraqui Conservation Area. Even if you have never been on cross country skis before, you can probably learn enough in your first year to qualify as a patroller.

Registration is Tuesday, September 17 at 7:30 p.m. at the Sawyer Building at RMC. Classes are held from 7:30 to 10:00 p.m. every Tuesday and Thursday until mid November. Total cost for a first-year patroller is about \$85.00 including provincial and national association fees, first aid manual and kit, jacket rental, and name tag. Costs decrease thereafter, while opportunities abound for extra training in areas such as waxing techniques and survival skills.

For more information, contact:

Ed Jezak  
817 Candover Cres.  
Kingston, Ontario

H: 389-4459  
B: 545-7649

Cookie Cartwright  
Box 758  
Kingston, Ontario  
K7L 4X6  
H: 546-7990  
B: 544-6212

# RTA FALL '85 PROGRAM

## Ottawa Schedule of Events

Hikes leave from the corner of Booth and Albert Streets in rain, sleet, sunshine ...any kind of weather. If you do not have a car, please call the hike leader to indicate that you need transportation from the meeting place. If the leader cannot be reached, call 829-3062 for information.

### Wednesday, September 25.

The Wednesday walkers continue to meet at 10:30 a.m. at Booth and Albert.  
Contact: Patricia Harrison, 746-0806

### Saturday, September 28

A gentle hike on the trails of the Kempville Forest. With luck there will be mushrooms. Afternoon tea in Kempville. Meet at Booth and Albert at 10:30 a.m. Bring a lunch.

Leader: Bill Grant, 820-0697

### Sunday, October 5. Hike Ontario Day

On the occasion of Hike Ontario Day, the Ottawa Club is organizing two hikes, 1. for those who prefer more level terrain, and 2. for those who like some ups and downs in their hiking. The meeting place for both hikes is Booth and Albert at 10:00 a.m. Bring your lunch.

1. **Marlborough Forest.** The various interesting features include a pioneer graveyard and a visit to the Cabin.

Leader: Pearl Peterkin, 829-3062

2. **Gatineau Park.** See the fall colours at McKindrick's Ridge. A steep climb but the view is worth it. The length of the hike will be adjusted to the keenness and stamina of the group.

Leader: Ken Prior, 745-1777

### October 12 to 19. Appalachian Trail

The RTA is planning a week-long hike in the Shenandoah National Forest on the Potomac section of the Appalachian Trail. PATC cabins can accommodate 10 to 14 people at a nominal cost. The weather and foliage should be beautiful. If interested contact Su Nag in Kingston, 544-6505, or Linda Hayes in Ottawa, 234-1045, by the 15th of September.

### Sunday, October 20. Joint Outing

The annual joint outing with the Ottawa Field Naturalist features a trip to the Wildlife Reserve near Perth, plus a visit to the Mill Pond Conservation Area. Bring

a lunch. Phone Elaine Dickson, 722-3050 after 10 p.m. to reserve your spot on the Dinobus. Meet at the National Museum of Man at Metcalfe and MacLeod at 9a.m.  
Call: Eileen Evans, 741-0789

### Saturday, October 26. Map 5

Hike on the trail between Dwyer Hill Road and Rosedale. Bring a lunch. Meet at Booth and Albert at 9 a.m.

Leader: Mary Cooney, 745-0563

### Saturday/Sunday, November 2/3.

Join the Kingston and Central Clubs in an overnight at the cabin with a hike in the Marlborough Forest on Sunday. Bring stout footwear and warm clothes as well as sleeping gear, Saturday's dinner and Sunday's breakfast and lunch. The Ottawa group will meet at Booth and Albert, Saturday afternoon at 3:30 p.m. Contact the leader at least three days in advance.

Leader: Andrew Oakes, 232-2755

### Sunday, November 10. Map 7

Hike about 14km from Perth to Port Elmsley. Be prepared for some wet areas, waterproof footwear recommended. Bring a lunch. Meet at 9:45 p.m.

Leader: Elizabeth Mason, 729-6596

### Sunday, November 17. Gatineau Park

Hike from Meach Parking Lot (#17) to the Carbide Mill, Meach Valley and over the mountain to Meach Lake, about 12km. Tea and cakes afterwards at a cottage on Meach Lake. Let Barri know if you're coming by the 16th, so she can plan refreshments. Meet at Booth and Albert at 9 a.m. Bring a lunch and sturdy footwear.

Leader: Barri Scully, 233-3770

### Sunday, December 8. Sunday Brunch Hike

Join us for an early winter hike with a difference! Enjoy a leisurely lunch in Old Chelsea followed by a brisk hike in Gatineau Park. Call the leader by Thursday, December 5 for brunch reservation. Meet at Booth and Albert at 10 a.m.

Leader: Margaret Lafrance, 692-4650

### Saturday, December 14. Christmas Fun

Enjoy an evening of Christmas carols and goodies. Bring along your favourite Christmas music (and instruments!).  
Call: Elizabeth Mason, 729-6596.

## Kingston Schedule of Events

Fall events include canoeing, backpacking and hiking. Call the leader for information about specific events. Suggestions for future outings may be made to Su Nag, 544-6505.

### **Sunday, September 8. Opinicon Loop**

Hike a 12 km section of the Opinicon Loop between Maple Leaf Road and Lindsey Lake Road, Map 10. Bring a lunch. Meet at Sears north door at 9 a.m.

Leader: Joan Hughes, 549-6265

### **Sunday, September 15. Grenadier Island**

Enjoy a short boat ride to Grenadier Island from Rockport and then hike through the island. Meet at Sears north door at 9:30 a.m. Bring a lunch. There will be a charge for the boat ride.

Leader: Don Cutts, 542-5414

### **Wednesday, September 18. Waterfront Walk**

Walk past 3 martello towers and see the 4th one. Historical plaques add interest. Tea at Cathy's afterwards. Meet at Sears north door at 1:30 p.m.

Leader: Bird Sampson, 549-5986

### **Saturday, September 21. AGM 1985**

Come to the 1985 Annual General Meeting. See the notice on page 9. Those needing a ride to Queen's Biology Station, meet at Sears north door at 9 a.m.

### **Sunday, September 29. A Day of Canoeing!**

Experienced paddlers please bring your canoes and be prepared to take less experienced people with you. Register with the leader by the evening of the 26th. Bring a lunch, canoe, paddles and life jackets. Meet at Sears north door at 9 a.m.

Leader: Terry Fuchs, 548-4143

### **Wednesday, October 2. Gould Lake Area**

Hike from the intersection of cottage and main road to Gould Lake Barn. Meet at Sears north door at 1 p.m.

Leader: Joyce Mayhew, 389-9819

### **Sunday, October 6. Hike Ontario Day**

Introduce friends to the joys of hiking and to our Association. Choose a hike.

#### **1. Bullen Road to Elginburg Road.**

Varied terrain with interesting geological features makes a pleasant afternoon walk. Sears north door at 1:30 p.m.

Leader: Elizabeth Palmer, 542-6493

**2. Perth Wildlife Reserve.** Enjoy a slide show, hiking in the Tay Marsh and views of fall migrating birds. Bring a lunch. Meet at Sears north door at 9:30 a.m.

Leader: Peter Skelton, 544-0151

#### **3. Joint hike with Field Naturalists.**

Enjoy a leisurely hike over rugged terrain at Otter Lake Sanctuary. Meet at Sears north door at 1 p.m.

Leader: Larry McCurdy, 389-6427, 546-0683

### **October 12 to 19. Appalachian Trail**

Those interested in a week-long hike in the Shenandoah Forest on the Potomac section of the Appalachian Trail, call Su Nag, 544-6505 by September 15.

### **Sunday, October 13. Caigers' Lodge**

Enjoy a fall hike through the woods opposite Caigers' Lodge followed by a buffet dinner. Call the leader to make your dinner reservation by October 9. Meet at Sears north door at 1 p.m.

Leader: Cathy Cutts, 542-5414

### **Saturday, October 19. Trail Maintenance**

Help maintain and clear the section from Redgate Trail going towards Bedford Mills as far as the junction of the Opinicon Loop and the Rideau Trail (Map 9). Bring a lunch. Sears north door at 9 a.m.

Leaders: Don and Lou Green, 389-5458

### **October 26/27. Frontenac Park Overnight**

Backpack to one of the sites in Frontenac Park, set up camp and explore the area. Register with the leader by October 26.

Leader: Arne Henrickson, 544-0465

Hike into the park and return the same day if you do not wish to camp overnight. Bring a lunch. Everyone to meet at Sears north door at 9 a.m.

Leader: Mike Amodeo, 389-9186

### **November 2/3. Ottawa Cabin Overnight**

Join the Ottawa and Central Clubs in an overnight stay at the cabin and hike in the Marlborough Forest on Sunday. Bring stout footwear and warm clothes as well as sleeping gear and food for two days. Only a limited number can be accommodated, so contact Ray as soon as possible. Meet at Sears north door at 9 a.m.

Leader: Ray Forester, 542-4385

**Wednesday, November 6. Bell's Island**

Enjoy a leisurely walk followed by tea at Emma's. Sears north door at 1:30 p.m.  
Leader: Emma Martin, 542-1594

**Sunday, November 10. Slide Lake Loop**

Rugged, but one of the most scenic hikes in Frontenac Park, 13 km. Strong footwear recommended. Bring a lunch. Meet at Sears north door at 9:30 a.m.  
Leader: Don Galloway, 548-8109

**Saturday, November 16. Map 12**

An afternoon walk along the trail from Bath Road to Bullen Road through the cemetery. Sears north door at 12:30 p.m.  
Leader: Mary Jane Bowes, 544-2753

**Sunday, November 24. Craig Trails**

Hike about 8 to 10km in the Craig Trails north of Verona. There is an entrance charge. \*Homemade soup can be purchased at lunch time. Sears north door at 9:30 a.m.  
Leader: Nancy Young, 549-8856

**Saturday, November 30. Maps 9 & 10**

Hike 10km of the trail from Bedford Mills to Cottage Road. Bring a lunch. Meet at Sears north door at 9:30 a.m.  
Leader: Johanna Koeslag, 549-7502

**Sunday, December 8. Map 10**

Hike the Maple Leaf Road between Cottage Road and Perth Road, about 11km. Bring a lunch. Sears north door at 9:30 a.m.  
Leader: Sam Heusel, 542-2201

**Saturday, September 21. AGM 1985**

The 1985 annual general meeting is being held at Queen's Biology Station on Lake Opinicon near Chaffey's Lock. For details and directions see page 7 of the Summer Newsletter. The barbecue supper will be at 5:30 p.m.

Cost \$10.00 per person.  
Please obtain your tickets prior to **September 11** from

Kingston - Nancy Young, 549-8856.  
Ottawa - Elizabeth Mason, 729-6596  
Perth - Marg McLeod, 267-1641

**Central Club Schedule of Events**

**Saturday, September 21. AGM 1985**

Come to the 1985 Annual General Meeting.

**Sunday, September 29. Joint Hike**

Rideau Trail and Rideau Naturalist members are invited to join in an early fall tramp, an easy walk by river, marsh, cedar swamp, open meadow and deciduous woods. Meet at 1:30 p.m. at the IGA parking lot in Perth.  
Leader: Jean Riddell, 267-1451.

**Sunday, October 6. Hike Ontario Day**

Join us in celebrating Autumn by hiking to the mica mines near Otty Lake. 1:30 p.m. in the IGA parking lot in Perth. A pot luck supper will follow the hike.  
Leader: Jean Riddell, 267-1451

**Saturday, November 2.**

Start November off right with a hike from Narrows Lock to Westport. Meet at the Ministry of Agriculture and Food Office, 10 Sunset Blvd., Perth, at 10 a.m.  
Leader: Marg McLeod, 267-1641

**Frontenac Provincial Park Fall Events**

**Hiking Equipment Demonstration**

September 15.  
Presented by Pack and Tent

**Lightweight Nutrition**

September 22.  
Presented by Fresh Air Experience

**Orienteering, Map and Compass**

September 28.  
Presented by Silva Ltd.

**Photography Workshop**

October 5.  
Presented by Martin Sundland

**Thanksgiving Canoe Trip**

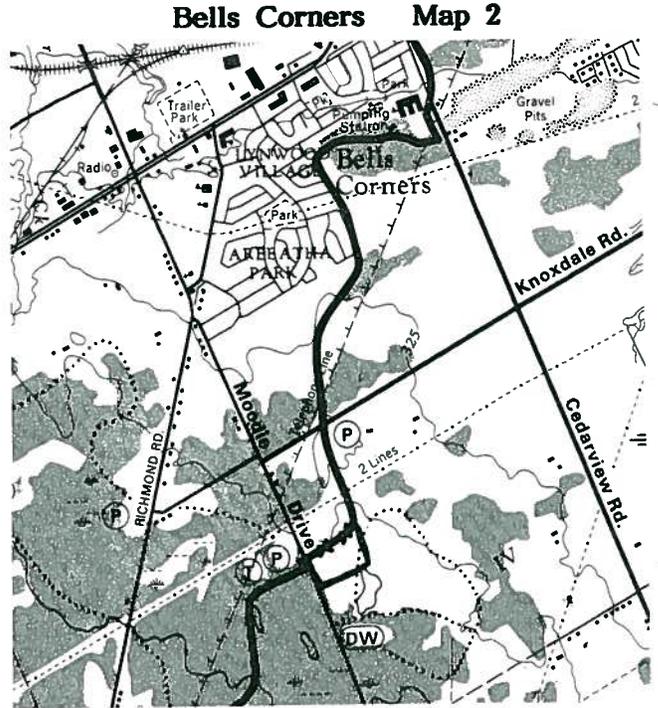
October 12, 13, and 14.  
Presented by Harbourfront Canoe School and Frontenac Park.

For more information contact Frontenac Provincial Park, Box 11, Sydenham, Ontario, K0H 2T0, or phone 376-3489.

Route Changes in 1985

Bells Corners Map 2

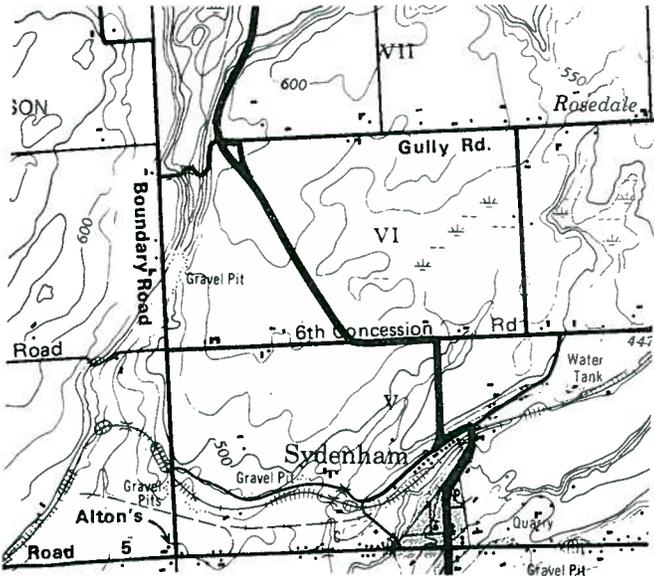
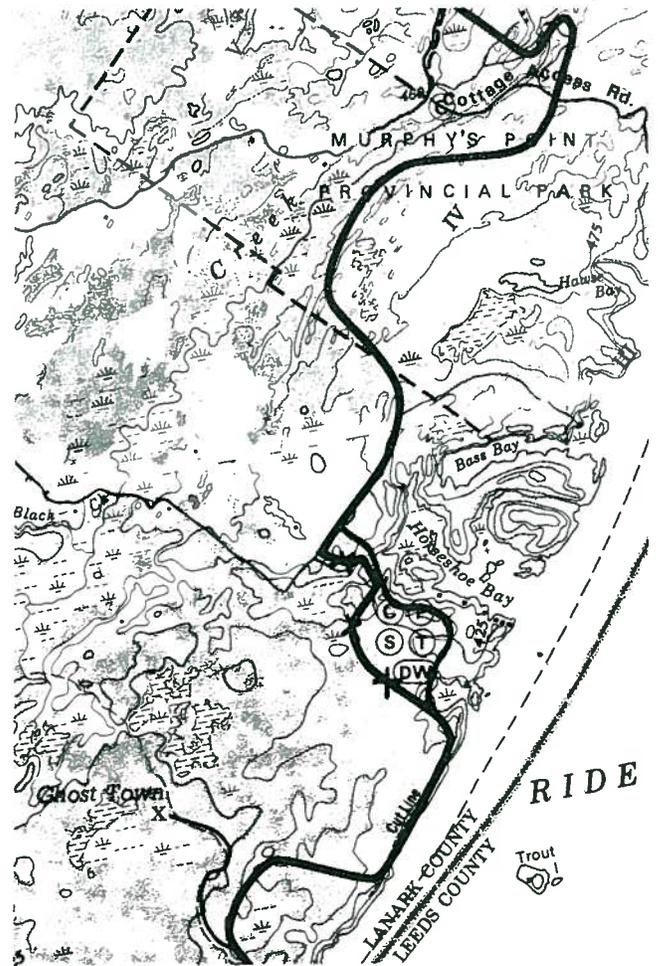
Derek Hasler, the maintainer of this section, rerouted the trail between Knoxdale Road and Moodie Drive due to a dilapidated and dangerous wooden bridge on that part of the trail.



Rideau Lakes Campground Area Map 8

About 2km of the trail was rerouted here to take it off roads and away from a garbage dump. The new trail starts at the marina on Rideau Lake, passes between Horseshoe Bay and the road to Rideau Lakes Campground, and ends at the road going towards Murphy's Point Park.

Rideau Lakes Campground Area Map 8



Gully Road Area Map 11

A small section of the trail was rerouted here because two homes did not want the trail going through their back yards. The trail now goes east 100 metres on Gully Road before heading diagonally south through a forest to an old sugar shack to join the original trail again.

Bed & Breakfast

Mr. and Mrs. H. Preslar run a vacation farm as well as bed and breakfast at their farm home near Sydenham.

R.R. #1  
Sydenham, Ontario  
K0H 2T0  
phone: 376-3127

**Watery Warp**  
by Joyce Mayhew

A couple of years ago, I ended my article about our 3-day stroll on the trail around Carleton Place with these words, "Let's do it again sometime," or something along those lines. It was satisfying, in the midst of the busy summer season, to take time to do just that. From July 22 to 24 Cathy Cutts, Joan Hughes, Cynthia Bell, and I stayed at Woodrow Farm, a bed and breakfast farm outside Perth and walked the trail by the Tay Canal.

On the way to Perth from Kingston, we stopped at Foley Mountain and had a coffee break at Spy Rock. Never have I seen the view from there looking so lovely, a real picture post card. Nice bright sunny morning, everything shimmered.

We started along the canal at Perth at about 12:30 and had lunch at 1:20. Great going, eh? This set the scene for the whole trip! There was a little wading to do at this spot, which felt good. We only had one car, so after lunch we had to return the way we had come. Afternoon tea was enjoyed at Riverside Restaurant, then on to the farm. Our rooms were perfect, as was the welcome, the dinner, the sunset and the night's sleep, in that order.

After breakfast the next morning, we actually managed to get away by 9:30. From Frizzel Road we walked to the dam. The varied, pleasant countryside was nice and cool in the woods. The corn in the fields was high. From the dam we turned and came back to the car, then drove to Beveredge Locks for lunch. Beautiful weather again today. We intended to walk the short distance to the dam from this side but had difficulty locating the trail markers, and in looking for them, accidentally came across the observation point lower along the canal, which we found interesting. Finally we did get underway and enjoyed all the flowers, the waterlilies and the herons in the marsh. Sparkling water at the dam, bullrushes, another nest! Back to the car again to drive to Lower Beveredge Locks to see the Rideau Canal from there. The Locks, as usual, are a credit to Parks Canada - neat as a new pin.

Home to the farm, dinner and scrabble.

Wednesday morning, we first went to the Balderson Cheese Factory, which was just up the road from Woodrow Farm. They now have an art Gallery upstairs and much more than cheese to sell.

Touching and rubbing the leaf textures and smelling the fragrances in the Round Garden for the Blind was quite an experience, so different from the usual "hands-off" atmosphere of some other places.

A last good look around Perth convinced us it was a place well worth visiting again and again, a charming town with good shopping and restaurants, and especially a very attractive park with a swimming hole.

Driving home, we stopped to walk (we had to justify the inclusion of these words in a hiking newsletter somehow!) from Spy Rock to Maberley Road, a section I personally had never walked before. Home to Kingston in time for dinner.

If you got the impression we were not out to break any records (in walking at any rate) you are darn right! How nice to have meals prepared for us. Woodrow Farm was excellent, with fiendly people and good food. John and Ann Miller would be happy to drive to Perth to pick up anyone walking the trail and wishing to stay overnight at a bed and breakfast farm. Contact John and Ann at R.R. #1, Balderson, Ontario, K0H 1A0, 267-1493. They have horses to ride, home baking with honey, meat, fresh eggs and vegetables produced on the farm. Swimming beaches are near by, and in the winter, cross-country skiing.

Let's Do it again!

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**\*\*Leave only your footprints\*\***  
**\*\*Take nothing but photographs\*\***

**\*\*It's a priveledge to walk the trail\*\***  
**\*\*Don't abuse it\*\***

\*\*\*\*\*

Hike Ontario!

# OUTLOOK



Box 651, Station K, Toronto, Ontario, M4P 2H1

## **“Broadening Horizons” Second Ontario Hiking Conference**

Gordon Thompson, President of Hike Ontario! is pleased to officially announce that the Second Ontario Hiking Conference will be held May 16 to 19, 1986 at the University of Guelph, hosted by the Guelph Trail Club.

Plan now to spend the May long weekend at Guelph attending workshops, exchanging hiking experiences with old and new acquaintances, viewing displays, and hiking in the Grand and Eramosa River watersheds.

Kathleen Brown, Conference Chairman, Jill Leslie, Program Committee Chairman, and a hoard of volunteers are planning a ~~conference~~ conference for the whole family. The theme of this second Ontario gathering - the first was held in Peterborough five years ago - is "Broadening Horizons," for the individual hiker, for the hiking movement in Ontario, and for the hiking fraternity of Canada.

Current plans call for two 1 1/2 hour slots on Saturday and Sunday afternoons for workshops on strengthening local clubs, trail maintenance techniques, photography, attracting volunteers, orienteering, extending the trail philosophy, new hiking equipment, etc. Participants will have the opportunity of strolling through historic Guelph, founded by John Galt in 1827, and still possessing a fine array of 19th century limestone buildings.

Some outdoor workshops and short hikes will be scheduled into these 1 1/2 hour slots. Longer outings are planned for Monday. There will be a special program for children.

Three 'special' meals have been scheduled for you gastronomes, a pancake breakfast on Saturday, a barbecue lunch on Sunday, and a banquet on Sunday evening with an after-dinner speaker plus entertainment. On Saturday night there will be square dancing and an opportunity to view slides of fellow hikers' expeditions; if you have been on an interesting hike recently and would like to share your photographs with us, put together a 30 minute show and bring it along.

Registration forms will appear in your local hiking association newsletter in the fall or winter along with further details of the program.

# Hike Ontario! Executive 1985

Past President	Bob Fanning	(416) 298-7250
President	Gordon Thompson	(416) 242-4397
Secretary	Chris Hart	(519) 886-5273
Treasurer	John Cole	(519) 455-7448
HO! Conference Treasurer	Donna Kidd	(519) 885-0083

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## Walking Facts and Fallacies

Howard Hunt, Chairman of the Physical Education Department at the University of California at San Diego puts forward the following:

Fallacy: jogging is a better form of exercise than walking. Fact: a brisk walk is equivalent to a jog. Hunt advocates a 5 to 10 minute warmup of twisting, turning, stretching and bending to limber up. Walk briskly at least four times a week for thirty minutes. Keep the pace at 3-plus miles per hour and you will get rid of 300 calories over that thirty minutes.

## Hike Ontario!

### Awards

In the past year at least three clubs have presented the Hike Ontario! award (a beautifully designed scroll) to individual members of their respective clubs. The Grand Valley Trails Association honoured Christine Tranmer for service on the executive, for her involvement in land-owner relations, and for trail mainten-

ance and newsletter activities. The Guelph Trail Club honoured Kathleen Brown for her decade-plus service as trail organizer and maintainer; and the Rideau Trail has presented Cathy Cutts with the award for long service at all levels of the club executive and for an unbounded enthusiasm for hiking.

## Backpack Research at University of Waterloo

Results from the research lab of kinesiology professors Bob Norman and David Winter could very well lead to the design of a backpack that will be more comfortable for hikers on a long trek. Funded by government agencies on behalf of the Canadian Armed Forces their research employs sophisticated biotelemetry and computer technology. In part of the research, subjects carry 34 kilograms (about 75 pounds) on a preset route for an hour and a half. As data is collected "patterns are built up that indicate the effect of changes in the weight of the pack, the position

of the load in the pack, its design, and the amount of fatigue from prolonged carrying."

Certain recommendations are coming out of the studies. For example, it is recommended that chest level be the proper centre of gravity for a backpack, rather than around the ears. This latter position is presently the most popular; although subjects find the high position comfortable at first, increased back stress is encountered over long hauls, and when a subject stumbles. In addition it is recommended that the pack not exceed 20 kilograms (about 45 pounds); most people can carry a pack of this weight for long periods with only slight fatigue, but increasing this weight, even slightly, leads to a great deal of tiredness. Let's hope that some backpack manufacturers pick up on this research and give you wilderness types a new pack.

UW Gazette, 1984

Dave Hull - Editor

## Farm to Farm Touring by Al Gamble

For the past three years Marg, my wife, and I with Tom Wood have been savoring the delights of Ontario Vacation Farms. This new experience in cycle touring was opened to us through an Ontario Ministry of Agriculture Booklet: Ontario Vacation Farms. It is available from most Ontario Government Tourist Offices or through the Ontario Vacation Farm Assoc. R.R. #2 Vankleek Hill, Ontario, K0B 1R0.

We were surprised to find that Eastern Ontario has a liberal sprinkling of these vacation farms, conveniently situated a day's cycling apart, starting from Ottawa. An added attraction of this eastern sector to those of us beyond the allotted three score years and ten, is the easy terrain. In the early spring on 1983 and again in 1984, Tom plotted out routes with farms 40 to 55 miles apart, starting with the Delorme Farm near Plantaganet. The warm welcome and great food provided by this delightful French Canadian family set the tone for the happy experiences we shared throughout the two trips. In the succeeding days we enjoyed the hospitality of the Seaman's at St. Eugene, the McIntosh's at Apple Hill, the Roduner's north of Cardinal, and the Mueller's near Vernon. It is the custom to eat with the family, and with fresh produce, the meals ranged from first rate to superb. One is encouraged to experience the various farm activities and, in season, may help with such tasks as haying. To cyclists who were farm born, it brings happy recollections and to the city bred, it opens new pleasures.

In the fall of 1984, the three of us decided to explore further west by starting at the turn around point of the previous two tours, the Roduner farm near Cardinal. Walter Roduner agreed to "pasture" our car for the cost of the hay it consumed during our absence. After the usual gourmet dinner and a restful night at the Roduner's, we proceeded on peaceful back roads to the Francine Farm beyond Mallorytown. Here we enjoyed the fine cooking and interesting company of a French-Swiss couple, Rene and Francine Perrin. It seemed entirely fitting to the atmosphere of their place that there were peacocks amongst the chickens. Next day we had an unforgettable cycle along the St. Lawrence Parkway as we made

our leisurely way to a bed and breakfast home in Kingston. Then followed a short day's ride to the Milhaven Ferry and across to Amherst Island. Here, in their 150 year old farmhouse "Poplar Dell", Bruce and Susan Caughey with their three charming daughters provided stimulating company, comfortable beds and great meals. Such was the pleasure of the spot that we stayed an extra day. Our return trip involved an overnight stay in Gananogue and a day on the backroads to the "Eight-Vee Farm" near Addison where fine meals and lodgings were provided by a Dutch family, the Venema's. It was then an easy cycle back to our pasturing car.

On another very pleasant tour, we used the "Woodville Dairy Farm" north of Picton as a base for three days cycling to explore Prince Edward County. The quiet roads and splendid scenery of the Quinte area proved perfect for easy touring. Cheese factories and fruit farms are irresistible so that it's wise to go with empty paniers.

A disturbing question keeps cropping up as Tom, Marg and I discuss these farm tours. Is cycling the objective? Or is this merely an excuse for getting to those fantastic farm meals?

For those of you who might wish to get into this form of touring, or using these farms as a base for hiking, it should be mentioned that most Eastern Ontario Farms have only two guest rooms. An exception is the "Poplar Dell" on Amherst Island (613-389-2012) where they can take 12 to 14 persons. Also, John and Ann Millar who operate "Woodrow Farm" near Balderson (613-267-1493) have four double rooms, some with bunks.

A final note: Reservations are always advisable and a 10% deposit is expected. In 1984 the cost per person for dinner, accommodation and breakfast was about \$24. Perhaps you would like to join in solving the riddle of whether we eat in order to cycle (or hike) or if the real purpose of cycling (or hiking) is to enjoy the food and hospitality of vacation farms?

## Did You Know?

\* The Expedition Shoppe is a one-stop travel and sport shop situated in Ottawa's market area that carries travel books, maps, backpacks, sleepingbags and camping accessories. This shop is offering a 10% discount on store items to all Rideau Trail Association members on presentation of a membership card at the time of purchase. The shop also operates World Expeditions, a travel service offering international travel to exotic places. Please note that the discount does not apply towards these tours. Find the Expedition Shoppe at 18 Byward Market, 2nd Floor, Ottawa, Ontario, 236-8397.

\* The Ottawa Outing Club is a group that organizes trips and programs in many exciting and interesting places. Possibilities include canoeing or backpacking trips; three days at Lake Placid with the options of hiking, cycling, swimming, tennis, horseback riding and dancing; a river float in an inner-tube; or a skills weekend tailored to your specific needs. You can join the club for \$10 a season and this entitles you to the brochure and newsletter, discounts at some Ottawa businesses and 10% off the cost of the trips. Contact the Outing Club at P.O. Box 3636, Station "C" Ottawa, Ontario, K1Y 4J7.

**Wanted - An Organized Person** to volunteer to take charge of the saleable items for the RTA. It is not required to be a board member but you will be asked to report to the RTA board as needed. Responsibilities will include ordering items (badges, pins, etc.), maintaining an inventory of these items as well as map kits and Trail Notes, and supplying these things on request. Please apply to the RTA board of directors at the AGM in September.

Be a volunteer!

### **Wanted - A Publicity Person In Ottawa**

The Ottawa Club is desperately in need of someone to organize publicity. This includes publicizing events and outings in local papers, distributing brochures and posters, and organizing displays, slide shows and talks. Anyone interested should contact Ron Hunt, 830-1592.

## New Kingston Club Executive

The Kingston Club held its annual General meeting on Saturday, May 4th. The following people were elected to be the Club's new executive:

<b>Chairman</b>	Keith Bull	546-9693
<b>Vice Chairman</b>	Peter Skelton	544-0151
<b>Past Chairman</b>	Joan Hughes	549-6265
<b>Secretary</b>	Caroline Gartenburg	542-8942
<b>Treasurer</b>	Larry McCurdy	546-0683
<b>Routes &amp; Negotiating</b>	Tom Newton	542-9253
<b>Construction</b>	David Roeder	546-7352
<b>Maintenance</b>	Don Green	389-5458
<b>Publicity</b>	Emma Martin	542-1594
<b>Special Events</b>	Nancy Young	549-8856
<b>Outings</b>	Su Nag	544-6505
<b>Hike Ontario Representative</b>	Ray Forester	542-4385
<b>RTA Rep</b>	Norm McLeod	546-9440
<b>Newsletter</b>	Johanna Koeslag	549-7502

The following speakers presented their ideas in the program that was entitled "Be Prepared for Outdoor Activities." Ray Forester, Day Packing & Survival Gear; Mike Walton, Frontenac Park; Rosemary and Barry Wright, Canoe-tripping and Food-to-Go. Nature hikes followed. Helen Henrikson led Wetlands & Marshes; Johanna Koeslag led Wildflowers and Ray Forester led a perimeter hike. A good time was had by all!

### **Wanted - A Second Vice President**

This person should be from the Kingston or Central areas and be prepared to attend directors meetings about 4 times a year. Normally the job leads to the position of First Vice President and the President in three years.

### **Wanted - A Hike Ontario Rep from Kingston**

The person filling this position must attend about 5 Hike Ontario meetings in a year, expenses paid, represent the concerns of the RTA at these meetings, and report back to the RTA Board.

Both of the above positions need to be filled at the AGM in September. Anyone interested should contact their local club chairman as soon as possible.



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.

<input type="checkbox"/> Annual Family Membership.....	\$ 10.00	<input type="checkbox"/> EASE CHECK	New ( )	Renewal ( )
<input type="checkbox"/> Patron (Life Membership).....	150.00*	Name.....		
<input type="checkbox"/> Map Kit (13 maps) Members only.....	4.00	Address.....		
<input type="checkbox"/> Vinyl Case for maps (includes map index)	3.00	.....		
<input type="checkbox"/> Trail Notes Members.....	5.00	Postal Code.....		
Non-members.....	8.00	Telephone.....		
<input type="checkbox"/> Car sticker (FREE to New Members).....	.50			
<input type="checkbox"/> Crest.....	1.00			
<input type="checkbox"/> Enamelled Pin.....	3.00			
<input type="checkbox"/> Donation to RTA.....	_____*			
<input type="checkbox"/> Donation to Corridor Preservation Fund..	_____*			
<b>TOTAL</b>	_____			

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