

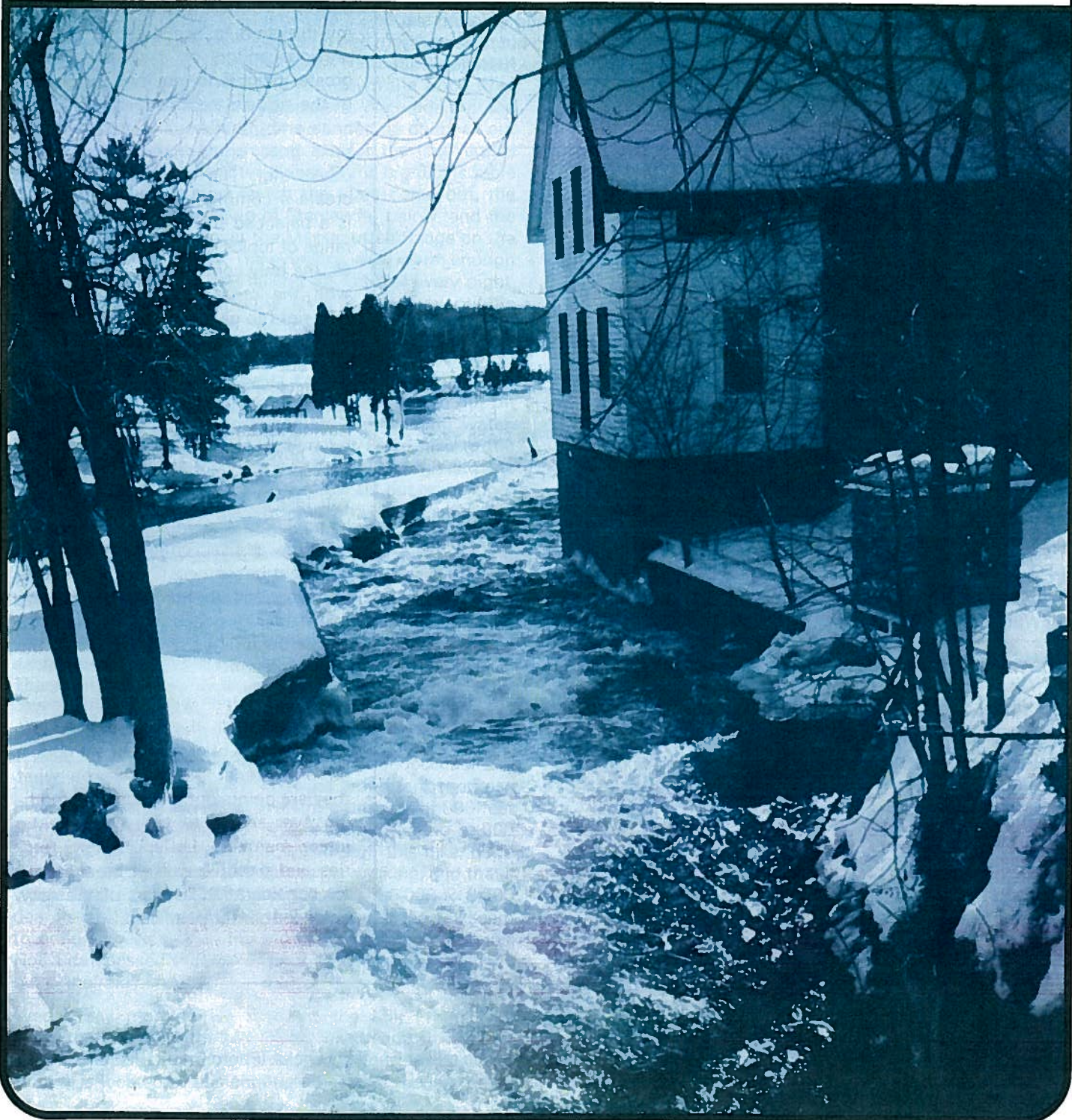


The Rideau Trail NEWSLETTER

WINTER 1985

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THE RIDEAU TRAIL NEWSLETTER is published quarterly in March, June, September and December by the Rideau Trail Association. The editor of this issue is Brian Lunergan for the Ottawa Rideau Trail Club.

The **NEWSLETTER** invites correspondence, illustrations, accounts, reports, photographs, tall tales, opinions, cartoons, queries and anecdotes on all aspects of hiking, conservation and the outdoors. All correspondence, inquiries and submissions for the next issue should be sent by February 1, 1986 to Johanna Koeslag, 18 Cowdy Street, KINGSTON, Ontario K7K 3V7 (549-7502).

The Rideau Trail Association is a member of Hike Ontario (FOHTA).

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by Brian Lunergan

Every good editor has his or her operating policy or point of view so, with this being my second issue as Ottawa editor, it's time I explained mine. It is my intention to use the fine work of previous editors as a springboard to greater heights in quality and content of the newsletter. Changes in appearance and content will be apparent as time goes on. Some you may like, others not. The ultimate goal is to create a communications vehicle that is a balanced presentation of a broad range of topics. The newsletter is, after all, the only contact many of you have with the organization and it seems only right to give you the best possible product that the limited budget I have to work with will allow. As I see it, anyway!

Having said all this, the question arises as to how I know my changes are working. Well, the answer is I don't unless you take the time to call or write and let me know what your opinion is. I am open to praise, criticism, and new ideas but be warned. If your letter is interesting and to the point, you may find it on the pages of the newsletter as the beginnings of a "Letters to the Editor" column.

Finally, one last word for this issue. Where are all the budding writers under the age of eighteen? I get quite a bit of material from adults on what they are doing, or have done, but nothing ever seems to turn up from the junior members. Letters, reports, stories and pictures will all be accepted for consideration as part of the new, balanced content. Nuf said.

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ON THE COVER:

Winter on the trail! Cosy up in front of the fireplace with this view of the mill at Chaffeys Locks. (Photo Credit: Walter E. Webb)

Hiking the Appalachian Trail

by Linda Hayes

On Saturday morning, October 12 (the beginning of the Thanksgiving long weekend), a group of hikers from the ORTC met at Elizabeth Mason's house to load a rented van for a long trip to hike on the Appalachian Trail in the Blue Ridge Mountains of Virginia. We picked up a hiker from the Kingston Club at the US border, and by Sunday night we arrived at Rock Spring Cabin, in the central portion of the Shenandoah National Forest.

Rock Spring Cabin is built of squared logs, with a stone floor and bunks which accommodate 12 people (theoretically). Fortunately, we were only 9 (in one room) so we had extra space to stow our belongings. The cabin is located 50 yards from Rock Spring and just down the slope from Rock Spring Hut, built for backpackers. We made a fire in the outdoor fireplace (on which we ended up doing all our cooking) and had some great steaks for the first night's meal. One could sit out after dinner at the big picnic table on the cabin porch and watch the stars come out, the lights come on in the town of Stanley far below, and the sliver of moon setting over the Massanutten Range on the other side of Page Valley. The evenings were warm enough that the cicadas were still calling for most of every night, acorns were plopping onto the cabin roof with every little breeze, and later on, if one was still awake, the scurrying of mice could be heard in the rafters.

Because the cabin faces west, it was still dark when the early-risers could stay in bed no longer and were out on the porch making the breakfast fire and heating water. Monday morning we made a short but steep hike to the top of Hawksbill Mountain, at 4,049 feet, the highest peak in the park. After lunch at the cabin we set out on a longer hike to Big Meadows Campground and the Byrd Visitor Centre (a place we returned to again and again). After the first day we learned to divide the hikes into moderate and difficult (or difficult and more difficult, depending on your point of view) and to provide a way for some hikers to take a short cut back to the van. We had to cope, for example, with a 0.8 mile hike from the parking place to the cabin, each time we went anywhere by van. Monday night was Thanksgiving so we cooked 2 turkey roasts over an open fire. Daily meals were substantial and varied, thanks to the excellent planning by Elizabeth Mason.

Tuesday, while those who had overextended the day before had a day of rest, most of the group took the Rose River loop trail to Dark Hollow Falls, a descent of 800 feet to the Rose River (followed, of course, by a climb of 800 feet back up to the road). We finished off this hike, quite unabashedly, by fire road. Much easier walking, and that's where all the deer were anyway. There are 5,000 to 8,000 deer in the Shenandoah National Forest and they all seem to prefer the vicinity of the highways and campgrounds. Not a day passed that we did not see groups of them, all quite unafraid of hikers.

Wednesday morning we followed the Mill Prong Trail along the course of the Mill Prong (or stream) to where it joins the Laurel Prong to form the Rapidan River. Camp Hoover is located at this confluence, where the late presi-

dent used to come to enjoy a little trout fishing and escape the pressures of office. The camp, with its dozen or so well-built rustic cabins (one labelled "The President" and another "The Prime Minister"), now forms part of the park. Further along the river are the Rapidan campsites, where hundreds of young, unemployed men lived during the Depression while they worked to build the Skyline Drive, the Appalachian Trail and many of the cabins, such as Rock Spring Cabin, which now belong to the Potomac Appalachian Trail Club (PATC). The trails are well built, well maintained and well marked, with solid concrete posts at each intersection giving distances to the various landmarks. (These are all in American miles, which seem much longer than the Canadian variety.) The find of the day



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MARSH WORLD



Muskrat signs

(NC) — In a marsh, one muskrat mound can indicate the presence of as many as ten muskrats. But since many more muskrats may live in mud burrows along wetland shorelines, the presence of active feeding stations in the marsh may provide a more reliable indicator of muskrat populations. Feeding stations are platforms made of left-over vegetation. They form because of the muskrat's habit of bringing food back to a safe central location before eating it. Fresh droppings left behind make ac-

tive feeding stations easy to find. The "musk" from an active station is quite strong and can be detected from several feet away. Most active at dusk and dawn, muskrats favor cattails, bulrushes, horsetail and pond weeds, and during fall will forage as much as half a kilometre from home in search of nutrition.

For the free pamphlet, Know Your Ducks, write: Ducks Unlimited Canada, 1190 Waverley Street, Winnipeg, Manitoba, R3T 2E2.

proved to be a pool deep enough to swim in. One courageous hiker promptly went in, while the rest of us were content to soak our feet in the icy water. The days were warm, and we were down to shirtsleeves by mid-afternoon each day (frequently drenched with sweat).

Thursday we met a group of hikers from the Washington area PATC who joined us for the day. They planned a hike which began with a 1500 foot climb to Mary's Rock, and went on for 10 miles along the height of land heading south. We persuaded them to shorten it to 8 miles, with a dropoff at 6 miles for those who had had enough. Another gorgeous day, with beautiful scenic stops all along the way. At the end of the day our hosts showed us a PATC custom which the Rideau Trail Clubs might do well to adopt. From the back of a truck they produced a cooler full of beer (soft drinks and fruit juice were also offered as an option). This was welcome indeed at the end of a warm day's hiking. I hope they were not too disillusioned at our lack of stamina, but we were just getting our mountain legs at that point.

Friday we decided to take things easy. We began by hiking the Stony Man Nature Trail to the top of Stony Man Mountain, at 4,010 feet. This was followed by a circuit of the mountain top via the Appalachian Trail, which winds

across the rock scree below Stony Man cliffs. After this we returned to Big Meadows campground, while a few bon vivants had hot showers (at 50 cents each the best bargain of the trip). Then followed the usual hike back to the cabin for supper. On our last night we were joined by two young hikers who were doing the Appalachian Trail (in opposite directions) and were staying at Rock Spring hut. They helped liven up an evening of scrabble and hearts. Other evenings had been livened up with a musical interlude from Ken Prior on harmonica and John Beech on recorder. (We heard Moira Drummond's Rideau Trail Hiking Song at least six times a day!)

Saturday morning we packed up our belongings (two hikers discovering that their last clean clothes had been eaten by mice) and managed to carry out in one trip what had taken two to carry in (much of the food having been consumed in the meantime). Our woodcutters were so energetic that we left more wood for the next cabin party than had been left for us.

Thanks are due to Elizabeth Mason for her excellent efforts in organizing menus, buying groceries, and supervising meal preparation, and to Helen Gomez for arranging the rental and return of the van. Next year, the Bruce Trail. Any volunteers?

Photography: Prints that Editors Like

Since news releases seem to have a way of getting separated from accompanying photographs in editorial offices, you can increase the value of the pictures sent out to the press, both to the editor and to the company, by pasting the description of the photograph on the back.

It is also good practice to use a printed form for caption labels. These should show the name of the group supplying the photograph, the sender's file number (to facilitate duplicates), and the release date. This information, of course, appears on both the front and the back of the label. It also helps an editor if the label copy is double-spaced to permit easy editing, allowing plenty of room for marginal notations. Back and front labelling of photographs may seem to be extra trouble, but when you consider what it costs to produce a good publicity photograph and get it onto an editor's desk such details pay off.

Photographs to be reproduced by the half-tone process should be glossy prints, preferably 8" x 10" in size with enough white margin for crop marks. Some publicity people favour marking the negative to show the organization's name so that it will show white on the print. If this is done, the lettering should be quite small and placed in the lower right-hand corner of the photograph. Even though an editor crops it off, it does serve to identify the print should it become separated from the letter of transmittal. A portrait picture for use in illustrating news items about an individual should be smaller and enclosed in a plastic or plio-film envelope to protect the print from becoming scratched before it gets to the engraver.

In mailing photographs it is customary to use a photo-mailer large enough to take the photographs and the accompanying release flat. The use of large envelopes which carry the letter in a separate pocket is not recommended. This type of mail is usually opened in the mailing room, and all too often the letter remains in the envelope and goes with it into the wastepaper basket. If the release to be illustrated is especially important, the photograph will get a better press if it is sent special delivery. The special handling usually bypasses the mail clerk and gets the photo and release into the editorial office direct. The more important you can make a photograph appear to an editor, the better are its chances of being used.

WHAT TO DO ABOUT PHOTOGRAPHS

- caption your photographs, regardless of whether or not they are accompanied by a press release.
- leave a white border around your photos so that the editor can use it for instructions to the engraver.
- use imagination in your photographs. A little extra thought may be the prime factor in getting your photo into print
- go easy on retouching photos. Probably the best guide is: if the retouching is obvious you've gone too far.
- make sure all head sizes are the same when sending a group of portraits for use with the same release.
- make your pictures believable — don't put a fashion model in the latest Paris creation in a camp kitchen.

(continued on page 7)

PROGRAMME

OTTAWA CLUB OUTINGS

The outings committee would like to offer the members a varied slate of activities, a goal heavily dependent upon the willingness of members to be hike leaders. New leaders are always needed! The deadline for the spring issue of the newsletter is January 31, 1986. Why not give the coordinator, Barri Scully, a call at 233-3770 well before that date and let her know of your interest in leading an outing.

Winter outings are always difficult to plan because of the changeable weather. While they do go in rain, snow, sleet or sunshine, last minute changes may be made due to snow conditions. If the leader cannot be reached, call 829-3062 for information.

SATURDAY, JANUARY 4 / GATINEAU PARK

Start the New Year with a cross-country ski outing in the Gatineau. The probable route? Up Trail 16 from parking lot 13 on Meach Lake (a RED trail) and then along Ridge Road (a BLUE trail). Participants must be good skiers but the length of the tour will be adjusted to the keenness and stamina of the group. The outing will be followed by a pot luck supper at Pearl Peterkin's, 2576 Sackville. Phone Pearl at 829-3062 by Friday, January 3 to let her know you are coming so that she can coordinate the supper. Meet at Booth and Albert at 10 AM and bring a lunch. Contact John Beech, 733-7403.

WEDNESDAY, JANUARY 8 / WEDNESDAY WALKERS

The Wednesday outings continue during the winter — either skiing or snowshoeing as the weather permits. The group meets every Wednesday at 10 AM at Booth and Albert. Contact Dorothy Belter, 523-4420.

SATURDAY, JANUARY 18 / LAC PHILIPPE

Ski the Lac Philippe area in the Gatineau Park. Then join the group for dinner in Wakefield. Phone Marg or Al Gamble by Thursday, January 16 if you plan to have dinner. Meet at Booth and Albert at 12:30 PM. Contact Marg and Al Gamble, 729-5056.

JANUARY 25-26 / GOULD LAKE

A joint outing with the Kingston Club. Overnight at the Gould Lake Barn, with an opportunity to cross-country ski, toboggan, etc. The Barn has bunks and mattresses, but you must bring your own sleeping bag and food. See the Kingston outings for more details. Contact Tom Kaddits, 1-546-0806.

SUNDAY, FEBRUARY 2 / STONEY SWAMP

A morning's easy skiing in the Stoney Swamp area. Bring a snack and hot drink. Meet at Booth and Albert at 10 AM. Contact Don Dawson, 728-8861.

FEBRUARY 8-9 / WINTERLUDE WEEK-END

The Ottawa club has invited the Kingston and Perth clubs to Ottawa this Winterlude week-end to enjoy skating on the canal and skiing. Ottawa club members will billet visitors in their homes. If you have room for one or two guests and/or would like to join the activities, contact Elizabeth Mason. Contact Elizabeth Mason, 729-6596 (home) or 777-6523 (office).

SATURDAY, FEBRUARY 22 / MOONLIGHT SKI TO THE CABIN

A cross-country and snowshoe outing to the cabin by moonlight. Bring your own food for a cook-out (weather permitting). Meet at Booth and Albert at 4 PM. Contact Mary Breig, 236-0042 (home) or 998-1636 (office).

SUNDAY, MARCH 2 / LAC PHILIPPE AND LAC TAYLOR

Cross-country skiing in the Lac Philippe and Taylor Lake area — on trails 54 and 55. Bring a lunch. Meet at Booth and Albert at 9 AM. Contact Mary and Jorge Puysegur, 745-0563

CENTRAL CLUB OUTINGS

SUNDAY, JANUARY 12

Cross-country ski outing at Murphy's Point Provincial Park. Meet at IGA parking lot at 1 PM. Contact Marg McLeod, 267-1641.

SUNDAY, MARCH 2

Join us for a day of cross-country skiing at Murphy's Point Provincial Park. Meet at IGA parking lot at 10 AM. Bring a lunch. If weather permits we'll do the 15 km trail. Contact Jean Riddell, 267-1451.

KINGSTON CLUB OUTINGS

This schedule may be altered depending on weather conditions. There may be a small fee for some of the events. Phone leaders for information prior to the event. Suggestions for future events may be given to Su Nag (544-6505 until 10 PM).

SUNDAY, DECEMBER 8 / 11 km / MAP 10

Hike the Maple Leaf Road between Cottage Road and Perth Road. Bring a lunch and meet at Sear's north door at 9:30 AM. Contact Sam Heusel, 542-2201.

WEDNESDAY, DECEMBER 11

Enjoy a leisurely walk in the little Cataraqui Creek Conservation Area. Meet at Sear's north door at 1:30 PM. Contact Joyce Mayhew, 389-9819.

SATURDAY, DECEMBER 14

An afternoon walk at Lemoine Point Conservation Area. Meet at Sear's north door at 1:30 PM. Contact Cathy Cutts, 542-5414.

SUNDAY, DECEMBER 22 / 12 km / MAP 10

A brisk walk across Frontenac Park from the Old Perth Road to the Frontenac Park Trail Centre. Challenging but scenic terrain. Strong footwear recommended. Bring a lunch and meet at Sear's north door at 9 AM. Contact Arne Henriksen, 544-0465.

SATURDAY, DECEMBER 28

Likely the first ski of the season at Murphy's Point Provincial Park. Bring a lunch and meet at Sear's north door at 9:30 AM. Contact David Roeder, 545-0516.

CANOE CHALLENGE OFFERED

Love canoeing? Need a challenge? If so, canoe 100 kilometres and receive a specifically moulded medalion award from the Canada Canoe Challenge Program.

Organizers consider this minimum distance requirement a modern Voyageur excursion, perpetuating the historical significance of the canoe in Canada's rich heritage.

The activity awareness program was launched in August at the First International Canoe Tour and Festival in Canada held by the Canadian Recreational Canoeing Association in Temagami, Ontario. Participants will also receive a Canoe Canada Passport Booklet to keep a permanent log of all canoe trips.

To register for the award, make note of your canoe route, the trip dates, the total distance covered and send it to the Canadian Recreational Canoeing Association, Box 500, Hyde Park, Ontario N0M 1Z0 along with your payment (\$15 CRCA members, \$30 for non-CRCA members). For canoe trips with six or more individuals, group rates will be provided.

SUNDAY, JANUARY 5 / FAMILY OUTING AT MYLES ACRE (1-6 PM)

Ski, snow-shoe, hike or enjoy sleigh rides. Buffet supper will be served. Cost is \$5.00 for adults and \$3.50 for children under 12. Those interested, please call Nancy Young by December 22 so food can be ordered. Contact Nancy Young, 549-8856.

SATURDAY, JANUARY 11

Ski in Frontenac Park to Big Salmon Lake and back. Bring a lunch and meet at Sear's north door at 9:30 AM. Contact Don and Lou Green, 389-5458.

WEDNESDAY, JANUARY 15

Ski the section north of Counter Street. Meet at Sear's north door at 1:30 PM. Contact Helen Henriksen, 544-0465.

SUNDAY, JANUARY 19

Ski at Craig Trails, north of Verona. Bring a lunch and meet at Sear's north door at 9:30 AM. Contact Nancy Young, 549-8856.

JANUARY 25-26 / GOULD LAKE CONSERVATION AREA

Ski, snow-shoe or togoggan for 2 days with the option of staying overnight at the Gould Lake Barn. Bring your own equipment, food and sleeping gear. Register with the leader by the 22nd. Meet at Sear's north door at 9:30 AM. Contact Tom Kaddits, 546-0806.

SUNDAY, FEBRUARY 2 / 6-12 km

Ski at Skycroft where there is a choice of trails of varying difficulty. Bring a lunch and meet at Sear's north door at 9:30 AM. Contact Tom Newton, 542-9253.

FEBRUARY 8-9 / WINTERLUDE IN OTTAWA

The Ottawa club has invited us to skate on the canal and ski in Gatineau Park. Contact Su Nag, 544-6505.

FEBRUARY 8 / ELEVATOR BAY

Enjoy a leisurely ski starting at Elevator Bay. Meet at Sear's north door at 1:30 PM. Contact Cathy Cutts, 542-5414.

WEDNESDAY, FEBRUARY 12

Ski at Lemoine Point Conservation Area. Flat to gently rolling terrain. Meet at Sear's north door at 1:30 PM. Contact Emma Martin, 542-1594.

SUNDAY, FEBRUARY 16 / CHARLSTON LAKE PROVINCIAL PARK

Ski the Homestead Trail or the more difficult Tallow Rock Trail. Bring a lunch and meet at Sear's north door at 9:30 AM. Contact Keith Bull, 546-9693.

SATURDAY, FEBRUARY 22

Enjoy a scenic snow-shoe hike on the Opinicon Loop from Upper Rock Lake. Bring a lunch and meet at Sear's north door at 10 AM. Contact Jim Gartenburg, 542-8942.

SUNDAY, MARCH 2

A brisk ski tour to the Slide Lake cabin. Not recommended for novice skiers. Bring a lunch and meet at Sear's north door at 9:30 AM. Contact Arne Henriksen, 544-0465.

SATURDAY, MARCH 8 / SKIING, POT-LUCK SUPPER

Ski at Little Cataraqui Creek Conservation Area. Meet at Sear's north door at 1 PM. Arrange to get together after-

wards for a pot-luck supper by calling Su Nag (544-6505). Contact Peter Skeleton, 544-0151.

WEDNESDAY, MARCH 12

Hike in the Camden Lake Wildlife Area. Meet at Sear's north door at 1 PM. Contact Moira Drummond, 544-9529.

SUNDAY, MARCH 16 / OPINICON LOOP / MAPS 9 & 10

Hike the section between Lindsay Lake Road and Old Bedford Road. Bring a lunch and meet at Sear's north door at 9:30 AM. Contact Erwin Wendholz, 542-5789.

(continued from page 4)

- indicate the source on the back of pictures sent with releases, even if captions are attached.
- indicate "which end is up" when sending a photo in which this point is not completely obvious.
- hire a good photographer
- use stiffeners when sending photos.
- make captions easy to remove from photographs. Best bet is to have caption sheets perforated so that they can be neatly torn from photos.
- identify everyone in a photograph.

WHAT NOT TO DO

- use paper clips, staples or write on the back of photographs.
- request that photos be returned, except in special cases where you have supplied the editor with pictures at his own request.
- ask the editor to request photographs "if he wants them". If your release requires photographs for illustration, invest enough money in the project to include photos with the original mailing.
- send group photos where everyone is looking at the camera, unless this kind of pose is specifically requested.
- try to plaster the organization's name or logo all over photos.
- overprint identifying material on photographs, unless it is in an area which will obviously be cropped by the editor.
- furnish information on back side of photo unless the same data is included in a separate release.
- send photos separately from releases they are intended to illustrate.
- send matte prints. Always order glossy finish for better reproduction.
- use the same photo for releases which will be used in ads.



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MARSH WORLD



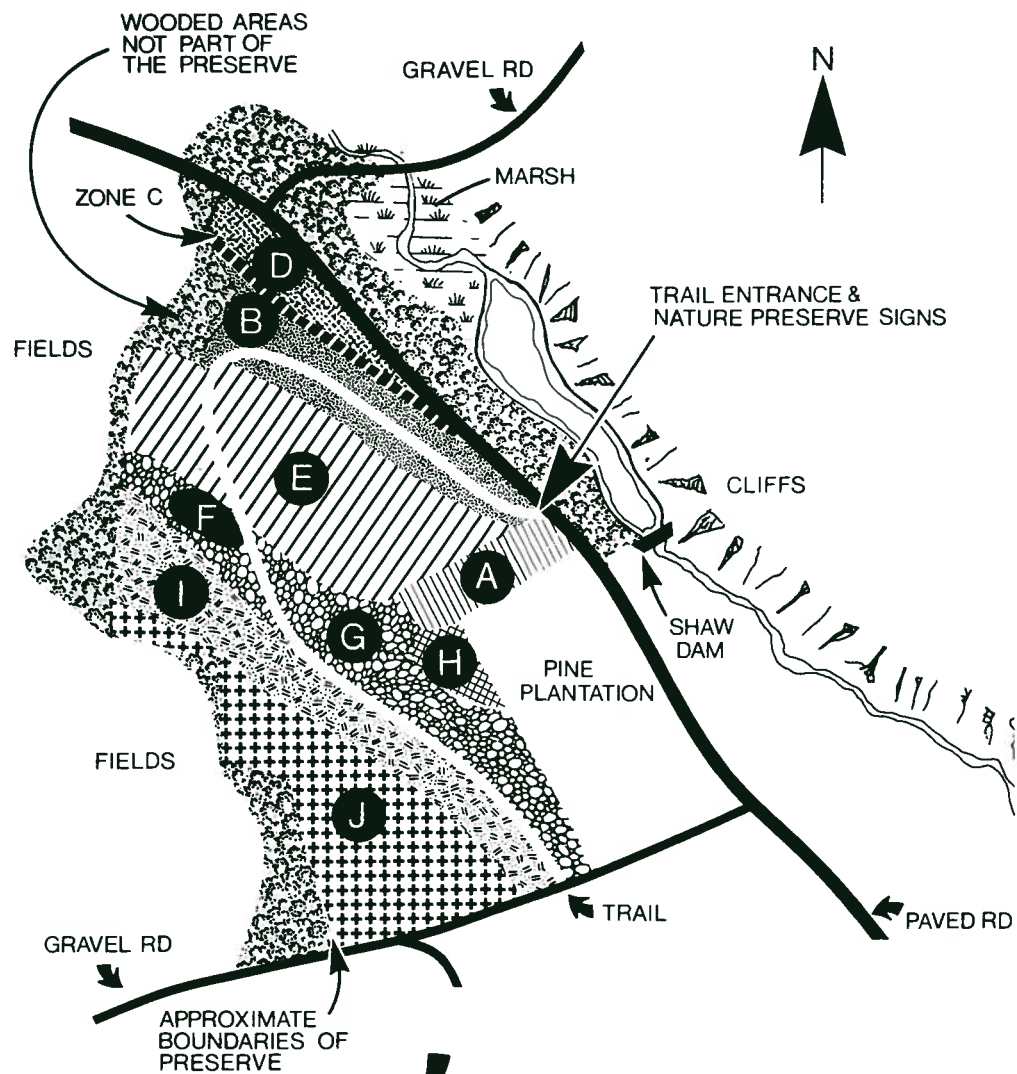
Bobolink

(NC) — One of the easiest birds to recognize in the field, the male of this small member of the blackbird family sports a large buff patch on the back of its head. It also has a bold white strip that extends along each shoulder and runs along the lower back to the tail. The bill, face, underparts and wings are black. Females are much more difficult to recognize because of their yellowish-brown, dark-spotted, sparrow-like coloring. Bobolinks are found in many areas of southern Canada, especially on the Prairies, in southern Ontario and Quebec, and in the Mari-

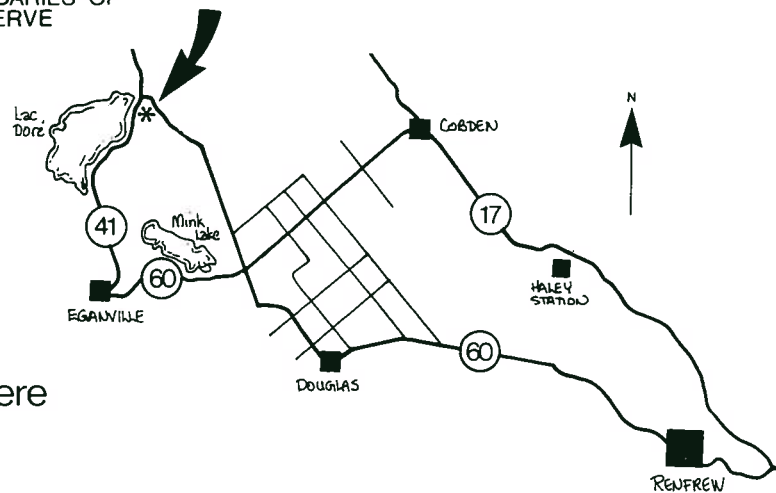
times. Their favorite habitat is fields and meadows of tall grass, clover, alfalfa and grain. In autumn, they often congregate around marshes consuming small seeds and large quantities of insects. They nest on the ground in a flimsy nest made of grasses and weed stalks and produce four to seven eggs that are pale grey or brown with irregular brown and purple-grey blotches. Incubation takes place in 10 to 13 days.

For the free pamphlet, Know Your Ducks, write: Ducks Unlimited Canada, 1190 Waverley Street, Winnipeg, Manitoba, R3T 2E2.

Shaw Woods Nature Preserve



How to get there



SHAW WOODS NATURE PRESERVE

On October 2, 1983 a group from the Ottawa Rideau Trail Club accompanied Albert Dugal, of the Museum of Natural Sciences, on a hike in the Shaw Woods Nature Preserve. The following account is excerpted from an article by Albert Dugal which appeared in the March/April, 1980 issue of "Trail and Landscape".

This natural treasure, situated at the northeast end of Lake Dore, is approximately 150 km west of Ottawa. It is easily reached by car on paved roads (see map).

Two large wooden signs (one in English, one in French) located along the roadside designate the nature preserve. The nature trail begins immediately behind the signs. Parking is permitted along the side of the road near the nature preserve signs and along the gravel road leading to the Shaw Dam.

This remarkable woodland has been in the possession of the Shaw family of Pembroke for over 132 years. During this time, parts of the woods remained undisturbed in essentially virgin condition. Since 1979, one of the most magnificent woodlands in eastern Canada has been set aside as a Nature Preserve. This was a joint project of the Shaw family, the National Museum of Natural Sciences, and the Nature Conservancy of Canada.

Most of the Shaw woods stands on well drained, gravelly sediments which were deposited by retreating ice sheets thousands of years ago. The remainder is situated on deep organic soils which developed in poorly drained gully bottoms. Several enormous erratic boulders are scattered about the woods, torn from the granitic bedrock north of the woods by the force of 2 km high glacial ice.

The Shaw Woods is a unique part of the Great Lakes — St. Lawrence Forest Region — an area extending in a belt of varying widths from southeastern Manitoba to New Brunswick. Several sections of the woods have barely been disturbed by man. The best example of undisturbed woods is the Sugar Maple-Beech-Hemlock community (Zone E) located in the centre of the woods. Forests of this type were common when the Europeans first came to this country, but farming and lumbering have reduced their extent to such a degree that only minute fragments survive today. Thus, virgin mixed forests have become one of the rarest and most precious types of woodland in the southern part of eastern Canada. It would take over 250 years to replace this forest if it were to be clear cut.

An ancient cedar swamp lies in a deep gully dissecting the woods. Although some cutting has occurred here, it has not disrupted the primeval nature of the swamp. To re-establish a similar plant community would take over 300 years.

The height of the tree canopy, compared to other wooded areas in the Ottawa Valley (or eastern Ontario, Quebec, Nova Scotia, New Brunswick and Prince Edward Island) is most impressive. The trees soar 30 to 35 metres or more above the forest floor. The first branches of many trees occur at the 20-metre level. This is the average canopy height of many wooded areas around Ottawa.

Unlike most repeatedly lumbered or managed woodlots, the Shaw Woods has a large number of old, fallen tree trunks in various stages of decay. This abundance of dead wood provides food for decomposing organisms such as bacteria and fungi, and habitats for many small animals. Contrary to the popular belief of foresters, ancient mixed woods are not great reservoirs for insects and disease. Rather, they are dynamic living ecosystems in which nutrients from dead trees are returned to the forest community, thereby promoting and maintaining new growth.

There is a large number of old trees in the Shaw Woods. Most of the giant Sugar Maples are over 150 years old. The large Hemlocks vary in age from 175 to 200 years, while the oldest White Cedar is about 240 years old. Scattered throughout the woods are several large White Ash, which are approximately 110 years old.

The best way to explore the Shaw Woods is to follow the trail which starts immediately behind the nature preserve signs. This trail is roughly 3 km long and ends at a gravel side road. Once this point is reached, one can either retrace one's steps, or one can turn left and follow the gravel road to the paved road (about 400 metres). One then turns left again to follow the road back to the beginning of the trail.

The trail is, for the most part, on level or very gently sloping terrain. It does traverse two slopes, but the gradient is not steep enough to hinder or deter anyone. The trail passes through or borders on six of the ten major zones which make up the woodland.

ZONE A

This zone borders the paved road on the northeast and a pine plantation on the southeast. It extends southward to Zone G in a band a hundred or so metres wide. The trees here are mature and more than 30 metres high. Sugar Maple and Beech are dominant species. Basswood is abundant and White Ash occurs periodically. A magnificent Red Oak, about 30 metres in height, grows in the southern part of this zone. Near the road, where the moisture content of the soil is greater, White Birch, Eastern White Pine, Eastern White Cedar and Canada Yew can be seen from the trail, which borders this zone for a short distance. Shrubs are not conspicuous in this area and are largely restricted to the moister soils next to the road.

ZONE B

This zone covers most of the northeast slope of the woods and borders the road for a hundred metres immediately west of the trail entrance. Here, Yellow Birch is so plentiful that it can be considered, along with Sugar Maple, to be a dominant tree. Hemlock and Basswood are also abundant. A fine specimen of Eastern White Cedar occurs on the north side of the trail near the first Hemlock grove encountered. Dead White Birch trunks, now mostly fallen, indicate the earlier importance of this species in the eastern section of Zone B.

This area was selectively lumbered many years ago. More recently (20-25 years ago), a number of old Hemlocks were

removed from the top of the slope. Around their rotting stumps, many young Hemlocks have sprung up and will eventually assume the importance of their predecessors.

A number of shrubs grow in this zone. Among these are Mountain Maple, Striped Maple, Beaked Hazelnut, Red-berried Elder, Canada Fly-honeysuckle, Hobblebush, Leatherwood and Canada Yew. Large clumps of Canada Yew are scattered throughout this area.

The herbaceous flora is quite varied. Ferns such as Maiden-hair Fern, Spinulose Wood Fern, Marginal Shield Fern, Lady Fern, Bulbet Fern, Rattlesnake Fern and Oak Fern are fairly abundant. The fern allies are represented by Shining Clubmoss, Ground Pine and Dwarf Scouring Rush. Many kinds of spring flowers add dashes of colour to the forest floor, such as Dog's-tooth-violet, Wild Lily-of-the-Valley, Hairy Solomon's Seal, Rose Twistedstalk, Bellwort, Red Trillium, White Trillium, Jack-in-the-Pulpit, Partridge-berry, Sweet Cicely, Blue Cohosh and assorted violets.

ZONE C

This area is defined by a shallow gully at the base of the northeast slope. It can be seen from the trail, lying a hundred metres downhill. Trees such as Eastern White Cedar, Hemlock, Yellow Birch, Black Ash, Spruce, Balsam Fir and Larch grow in the deep, wet, organic soil. This soil provides an insecure roothold resulting in numerous fallen and tilted trees. Exploration of this small but interesting area is difficult. Cedar and Hemlock tend to dominate the area; however, the most impressive trees are two enormous Larch, 32 metres and 29 metres high. Mountain Maple is the most common shrub and is quite abundant in certain areas. Much of the wet, organic soil and many of the fallen, decayed trunks are covered in a rich growth of mosses and liverworts. Growing with these bryophytes are ferns, Shining Clubmoss, and a variety of flowering plants such as Bluebead-lily, Jack-in-the-Pulpit, Bishop's Cap, Alpine Enchanter's Nightshade, Naked Mitrewort, Foamflower, Touch-me-not, and large carpets of Toothwort.

ZONE D

This area extends northward from Zone C to the paved road. It is just visible from the trail and is most easily reached directly from the road. The dominant tree is Sugar Maple. Other trees, such as Basswood, Hemlock, Yellow Birch, White Birch (now dying out), White Cedar, Spruce and Balsam Fir, occur in varying numbers. Most of the trees are moderately aged or mature. Of particular interest is an enormous patch of Canada Yew. Clumps of this size are indeed a rarity. The herbaceous layer is made up of ferns, clubmosses and assorted flowering plants such as trilliums, Wild Lily-of-the-Valley, baneberries, Dog's-tooth-violet and Wild Sarsaparilla.

ZONE E

This zone begins at the top of the northeast slope and extends southeastward under a tall arch formed by the abutting crowns of two trees. It then continues through a

small but magnificent Hemlock grove with trees surpassing heights of 30 metres. Beyond this evergreen community lies the greater part of the awe-inspiring Zone E. The dominant trees are Sugar Maple, Beech and Hemlock. Basswood is relatively abundant, and White Ash occurs infrequently. Yellow Birch is quite scarce, a marked contrast to its abundance in Zone B. Most of the trees are quite high, averaging about 31 metres. Some ancient Sugar Maples reach heights of 35 metres and have trunks exceeding one metre in diameter at breast height. Although these magnificent trees are over 150 years old, they cannot compete in longevity with some of the large Hemlocks, which range from 175 to 200 years in age. A few White Ash here also exceed the century mark. One fine specimen reaches the height of 35 metres and is about 110 years old.

This strikingly beautiful area has barely been touched by man and hence is essentially virgin in nature. When you walk beneath the towering trees, you are experiencing a type of woodland that was common throughout the Ottawa Valley at the beginning of the 19th. Century.

A number of vernal pools occur in this zone. A few of the shallower ones contain old, dead or dying White Birch. Blowdowns, some encompassing as many as five trees, are periodically encountered. Here one can see the large holes left by the wrenched root balls, and numerous shallow craters throughout the area attest to previous windthrows. After a tree crashes to the ground, it gradually rots away. Eventually, only a slight rounding of the soil where the trunk once lay is all that remains. In this zone, one can witness all the stages of decomposition.

ZONE F

This relatively small area is located immediately south of Zone E and slightly west of the trail. The cratered topography and slightly raised outlines of thoroughly rotted, fallen trunks indicate that many years ago almost every tree in this zone was toppled by high winds. Consequently, the present canopy contains a large number secondary succession trees such as White Birch and Large-toothed Aspen. These species tend to dominate the area, but their reign will not continue for long, as they have reached maturity, and some have already started to die. They will be replaced by the Sugar Maple and Beech now growing in the area. Both the White Birch and Large-toothed Aspen can reach astounding heights of about 30 metres. White Ash and Basswood are also well established.

FROM THE "OOPS, WE GOOFED!" FILE

On page 3 of the summer edition, the first point in the section on trail maintenance should read "... and yellow tips to show those going towards Kingston." We apologize for any inconvenience or confusion this may have caused.

ZONE G

This zone occupies part of the central “plateau” immediately south of Zones I and F, and the north slope of the large gully that dissects the woods. It was heavily lumbered about 65 years ago and, to a much lesser degree, more recently. Consequently, secondary succession trees such as Large-toothed Aspen and White Birch dominate the area. Spruce, White Pine, White Cedar, Balsam Fir, Hemlock, Ironwood and Sugar Maple are common, and Red Oak occurs infrequently. The tallest tree in the zone, a 41.5 metre White Pine, grows at the base of the north slope. This slope is littered with trunks and branches of dead trees, particularly Large-toothed Aspen. Among the shrubs occurring in this zone are Mountain Maple, Canada Fly-honeysuckle, Northern Bush-honeysuckle, Arrowwood and Snowberry. The variety of interesting wildflowers found here includes Yellow Ladyslipper, Gaywings, Twinflower, Indian Cucumber-root and Pipsissewa.

The trail enters this zone and then slopes down to the bottom of the great gully. It continues along the base of the gully slope until it reaches the gravel side road, forming as it does so, the boundary between Zones I and G. In places the trail is 20 metres below the lip of the gully. Almost of the trail system occurs within Zone G.

ZONE H

This is a pine grove which abuts the southwest corner of the pine plantation and Zone G. Although visible from the trail in the bottom of the gully, it is reached only by a long, tiring climb up the gully slope. The grove is about 65 years old, and the trees are medium size. Although Red and White Pines occur here, White Pine predominates. Beneath the evergreen canopy is a well-developed hardwood understory dominated by Sugar Maple.

ZONE I

This complex and fascinating zone occupies the bottom of the great gully. Here, plants grow on deep, waterlogged, organic soil. This substrate, similar to that of Zone C, provides poor anchorage for roots, resulting in a snarl of fallen and tilted trees.

The far western sector of this zone was heavily lumbered about 40 years ago. This explains the fairly young tree cover, in marked contrast to the remainder of the area where only a few trees have been removed. Here ancient White Cedars, many leaning at various angles, are the most impressive trees. One, 30 metres high and about 240 years old, is the patriarch of the swamp. Although its top has died, this over-mature individual will probably live on for many years.

Although White Cedar is the dominant species, other trees such as Yellow Birch, White Spruce and Black Ash are common. Balsam Fir occurs more frequently in the lumbered western sector. A small grove of old Hemlocks lends enchantment to the northern boundary along the trail. The

odd American Elm can still be found on the edges of the easterly reaches of this zone, but most have succumbed to dutch elm disease and soon will no longer be a component of this plant community.

Mountain Maple is the most abundant shrub, while others, such as Skunk Currant, Wild Gooseberry, Red Osier, Canada Fly-honeysuckle and Labrador Tea, occur to a lesser degree.

Many kinds of herbaceous plants occur in this zone. The ferns are represented by Crested Wood Fern, Marginal Shield Fern, Spinulose Wood Fern, Lady Fern, Sensitive Fern, Rock Polypody, New York Fern and Ostrich Fern. The Ostrich Fern occurs predominantly in one area — where the vernal stream from Zone J flows out onto the gully bottom. Wood Horsetail and Shining Clubmoss are the most frequently encountered of the fern allies.

Many interesting flowering plants, such as Gaywings, Starflower, Twinflower, Sweet White Violet, Bunchberry, Early Coralroot, Dwarf Rattlesnake-plantain, White Adder’s-mouth, Bluntleaved Orchid, Northern Green Orchid, Twayblade, Bluebead-Lily, Touch-me-not, Dew-drop, Naked Mitrewort and Toothwort, are scattered throughout the area. There is also a most beautiful and notable bryophyte component to this zone.

ZONE J

This zone occupies the southern slope of the great gully and, in the east, most of the level wooded terrain beyond the slope. Although this area can be seen from the trail bordering Zone I, it is most easily reached by using the gravel side road.

Although most of this area has been lumbered in the past, large, old trees are not uncommon, particularly in the eastern half of the zone. Here, on the level terrain beyond the slope, are the dominants, while White Ash and Basswood occur less frequently. Yellow Birch is present, but it is restricted primarily to the slopes, as are several groups of Hemlocks. About 25 years ago, a number of old Hemlocks were lumbered. Young Hemlocks have established themselves around the rotting stumps, and in one site, Mountain Maple and Striped Maple have grown to a height of 7.5 metres — an unusual size for these shrubs. Other shrubs, such as Canada Yew, Red-berried Elder and Canada Fly-honeysuckle, occur within this zone. The herbaceous flora is quite similar to that in Zone B, but it does contain some unusual wild flowers such as Downy Rattlesnake-plantain, Ginseng, Gaywings and Indian Cucumber-root.

The slope is indented by a couple of sizeable gullies. One of these harbors a delightful vernal stream which cascades over boulders to the bottom of the great gully. In spring, the hillside to the east of this stream is covered with trilliums and other spring flowers.

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