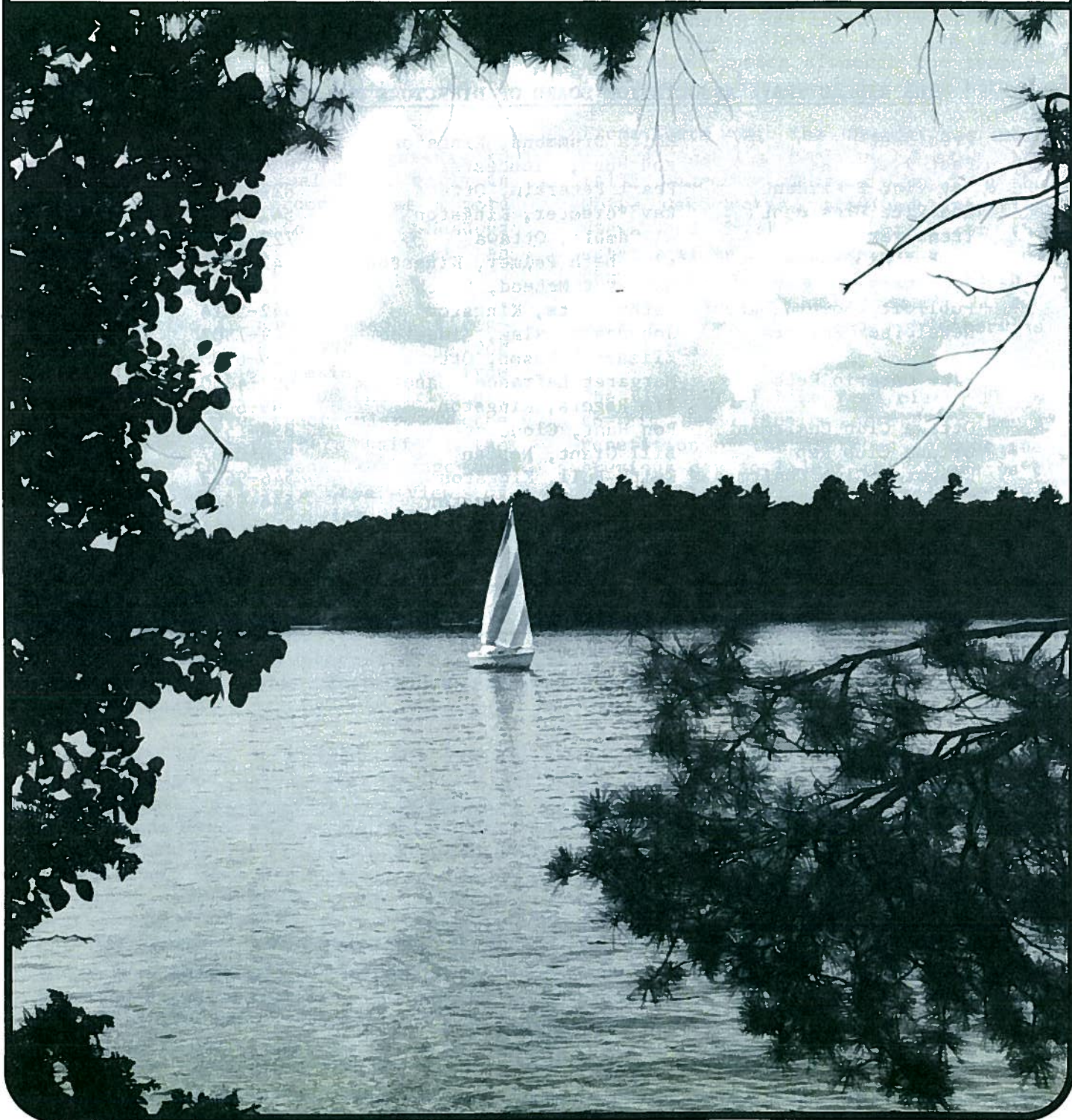


The Rideau Trail NEWSLETTER

SUMMER 1986

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

Submissions for the next newsletter are welcome and should be sent by August 1, 1986, to Johanna Koeslag, 18 Cowdy Street, Kingston, Ontario, K7K 3V7. Telephone: 549-7502

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.

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FRONTENAC PROVINCIAL PARK - WILDERNESS PROGRAM

The summer schedule for the wilderness program is as follows:

<u>Activity</u>	<u>Date</u>
Camping Skills and Equipment	June 8
Lightweight Nutrition	June 15
Orienteering, Map and Compass	June 22
Canoe Certification	June 28-29
Family Canoe Day	July 6
Canoe and Kayak Touring	July 13
Canoeing Clinic	Aug. 10
Wilderness First Aid Clinic	Sept 7
Canoe Weekend	Sept 13-14
Photography Workshop	Sept 28

For registration and more detailed information call (613) 376-3489

COVER PHOTO: "Sailing in to Summer" by Jim Fish

HIKING THE CIRCUIT TRAILS ON THE APPALACHIANS

by Stanley Douglas

Spring break was different this year for a small group of hikers anxious to experience the challenge of a segment of the Appalachian Trail in Virginia and Maryland.

We set out on Good Friday in a rented van jam-packed with camping gear, food and clothing which ranged from long-johns to swim wear. We planned to be self-sufficient for a week.

We arrived at Front Royal, gateway to the Shenandoah National Park, early in the afternoon and proceeded at a more leisurely pace to Big Meadows campground, mile post 51, at an elevation of 3500 feet.

Skyline Drive is aptly named and continues along the Blue Ridge Range for 105 miles. The scenic views from lay-bys on either side of the drive are nothing less than spectacular. To the west, along the northern half of the ridge, lies the Massanutten range and far below a bird's eye view of Shenandoah valley with its variety of tranquil settlements, farms and towns.

Because of the elevation and narrowness of the ridge, most of the circuit trails which branch off the Appalachian Trail descend rather steeply - on one hike over 2000 feet. This makes for rugged hiking.

Our first hike of 6 hours to Lewis Falls was good for a start, but the most impressive was an all day adventure along the Cedar Run/White Oak Canyon Trails. We started early, soon after 8 am, with day packs, in beautiful sunny conditions. The descent started soon after we left Hawkesbill Gap and seemed never ending down rough and rugged terrain. The leafless forest provided little shade from the sun and we hid behind large hemlocks and rocks for brief rests. A trickle of water at the higher elevations turned into a rapidly expanding stream and finally a

small torrent by the time we reached the lowest level at 1200 feet from our starting point - a rigorous descent of 2300 feet. It was time for some to bathe hot feet in cool waters.

At this level hepatica, bloodroot and a few violets indicated that the season was indeed spring although the temperature was summer and blistering hot.

From there on, the ascent was more gradual and the trail undulating, but still demanding. Three falls along the White Oak section provided inspiring views and fresh cold water for the water bottles. The climb upwards beside the falls tested our stamina further and we were all happy to reach the car park - physically tired but otherwise stimulated.

The Bluff Trail hike from mile post 18 to Big Devil Stairs seemed to me a repetition of the enormous descent the previous day so I left the others part way to the stairs and opted for the more gradual descent of the reasonably level Marshall Trail - in all, 10.5 miles of pleasant hiking among hemlock, oak and pine. I was reminded of Omar Khayyam:

'and Thou,
Beside me singing in the wilderness..
Oh, wilderness were Paradise enow!'

Our next camp in Maryland was about 100 miles to the north. Bear Spring cabin, by courtesy of the Potomac Appalachian Trail Club, awaited our arrival.

We stopped en route to view the Luray Caverns in Virginia and a magnificent display of stalagmites and stalactites, little realising that it would be a one hour conducted tour. We were already pressed for time and our calculations were now thrown out of kilter. We would have to follow the directions to our parking destination and the cabin in the dark. Fortunately, we had

precise and detailed directions.

Confusion arose over the identity of one major road and in the darkness we strained to read the names of major roads, but eventually reached our parking spot. The only incident that might have caused additional concern, but did not, was the loss of our power steering.

We still had a half mile of track to follow and proceeded to the cabin, with laden backpacks, by flashlight. The darkness was Stygian. The forest closed in on us. The stars gave no light to the trail and we barely discerned a pond on our left which was vital for our navigation. We stumbled along the "blue" trail as best we could.

Two of our members set off slightly ahead, having memorized the directions to the cabin. They had a good flashlight and used it to their advantage to light the path and search out the blue blazes; a disadvantage as it happened. They walked right by the cabin, and walked, and walked, and walked.....

We followed slowly, with an ever widening gap between us. Our flashlight was dim and we were forced to concentrate our natural vision on our surroundings. Eventually, a very dim shape was perceived off the trail. Even then it was first necessary to stumble down a bank and over a stream, finally to grope around the building until satisfied that it was indeed Bear Spring cabin.

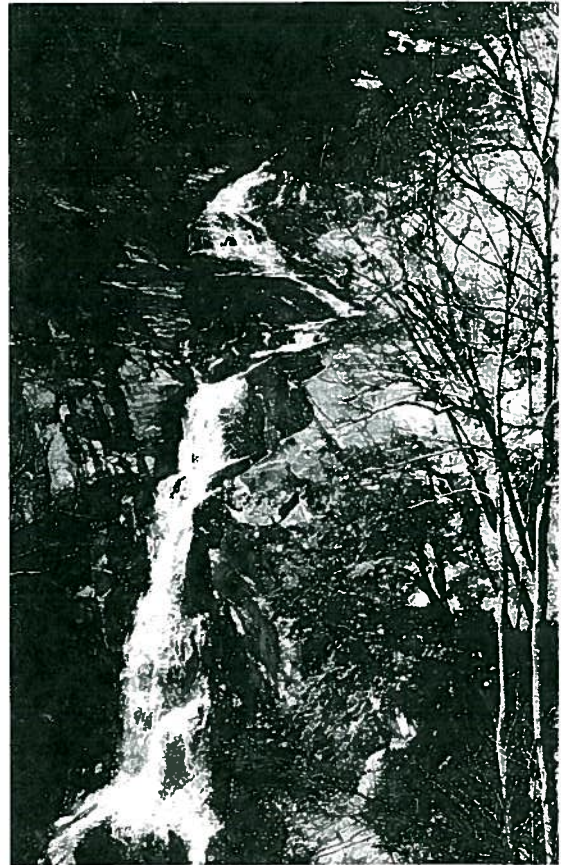
From the cabin's seclusion, right near the Appalachian Trail, we enjoyed another two days of energetic hiking through gentler but similar terrain; woods and forest, undulating hills, steep rocky ridges and country roads. An offer of cool artesian water towards the end of a long hike was quickly taken up and we refilled our empty water containers.

At these lower elevations spring was beginning to show its face. The surrounding countryside reminded me of

parts of England, mostly because of the rolling green fields and the uneven hedge and fence rows. Forsythia was everywhere in flower and the pale flowers of a distant magnolia were in bloom. A few spring bulbs were also in flower.

The weather was dry and sunny throughout our entire stay. In fact it was abnormally hot and reached a high of 32C. The nights were cool and we welcomed our adequate sleeping bags and warm clothing. We were not troubled by insects although a few blackflies were evident but not yet biting.

We saw most of the permanent bird residents which include grouse, barred owl, raven, woodpeckers and junco - also deer, which seem almost domesticated, chipmunk and grey squirrel. We talked about snakes too but did not see any. Apparently the timber rattlesnake and copperhead are two poisonous varieties occasionally seen.



Whiteoak Canyon Trail
Photo by Su Nag

Almost as an afterthought we skimmed the pages of the cabin log book to find there references this past winter to a gigantic black bear in the vicinity. The wording was hilarious but quite uncomplimentary and we were glad to have chosen that time to read the book. This was lonely country and Bear Spring was only a short walk from the cabin.

As one of our number aptly wrote in another visitor book - "Our cup runneth over".

MARION'S WAY

Marion Catherine Webb came to Canada from England a little more than twenty years ago. She first worked as a secretary in Ottawa. Her interest in people led her to Carleton University where she obtained a Master's Degree in social work. This in time brought her to Kingston where she was employed by Kingston General Hospital's Social Service Department, working mainly with the Rehabilitation Unit. She will long be remembered by patients, their families and co-workers for her work with them.

Marion was a member of the Rideau Trail Association from 1978 and in the following years walked the trail in the Kingston area. For the past few years she was unable to do this due to health problems - but her interest was maintained and she talked of the joys of nature to her friends and continued to encourage them "to join the Rideau Trail".

She was often content to sit at a friend's cottage and watch the small happenings - a heron's flight, a muskrat swimming, a loon's cry. Perhaps in this way she was able to maintain her energy to carry on working to the end.

Marion's bequest of one thousand dollars will be used to provide a spot on the trail where one may sit in peace

and contemplate those things that Marion loved.

A Friend of Marion's

TREES, SHRUBS AND WOODY VINES

A field checklist of the trees, shrubs and woody vines of the Kingston area has been published by the Kingston Field Naturalists. The list includes 190 species with common (English) and botanical (Latin) names, in taxonomic order. It is a useful aid in identification as well as convenient in the field for record keeping. The area involved is Ontario south of highway 7 between Belleville and Brockville. Two books are suggested for identification. Available from Kingston field naturalists for 75¢ each or 3 for \$2. Please enclose 35¢ for mailing.

Kingston Field Naturalists
Box 831, Kingston
Ontario, K7L 4X6

OTTAWA AGM LOG FARM

Sunday June 15, 1986

10:00 am - meet at Booth and
Albert

10:30 am - arrive at farm

11:00 am - meeting

noon - lunch (your own)

1:30 pm - hikes

- 1) hike on Rideau Trail
- 2) nature hike with NCC
interpreter

THE GHOST TOWN THAT MAY DISAPPEAR

by Bill Grant

About eight kilometers south of Perth, on the Rideau Trail just west of Otty Lake and a short distance from the junction of Burgesswood Road and MacLaren Road, is the most important ghost town of any in the Rideau Valley. Strangely, it does not get a mention in Ron Brown's excellent "Ghost Towns of Ontario" - a two volume set that is so complete that it includes many sites almost impossible to find and having little to see.

Our ghost town is known to some as the former premises of the Tay Valley Ski Club which has since moved to Murphy's Point Park. It makes a good stopping point on a hike south from Perth. Parking is conveniently nearby.

There are no fewer than ten structures (not including outhouses). So far I have been able to obtain no historical references to this complex and would be happy to hear from anyone who knows about its background. The physical evidence suggests the site of a mica mine (there are two long, shallow pits) worked from 1917 onwards - probably to provide mica needed in World War I. There is a stone wall down the hill engraved "Mac L - 1917" (probably MacLaren) and a powder magazine built into the slope of a ridge. The main buildings include a large log house and various lesser buildings, some of which were obviously residences. The log house is in good shape and is kept locked by the owner of the property. It is a very impressive example of the use of logs in the traditional manner. Some of the other buildings are accessible but run-down and much less impressive - one of them was used by the Tay Ski Club as a chalet. As this is private property, inspection should be confined to those buildings readily accessible and care taken to prevent any damage.

What will be the eventual fate of this ghost town? Once in the middle of the wilderness, it is now next door to a cottage real estate development which at the very least will increase the risk of vandalism. See it while you can!



LOOKING FOR GHOSTS!

DID YOU KNOW?

Frontenac Outfitters is a small canoe rental and campsite business located at the entrance to Frontenac Park. They offer RTA members a special 10% discount on canoe rental packages. Arrangements can be made for pickup and delivery of the rented canoe to nearby lakes. A limited number of campsites are available - situated just off our trail. Reservations recommended. For more information contact:

Frontenac Outfitters, Sydenham 376-6220

PROGRAMME

KINGSTON CLUB OUTINGS

Outings during July and August have been reduced due to poor attendance during this period in the past. Make the scheduled events a success by participating! Don't feel left out. If you want to lead a hike or arrange an event contact Su Nag (544-6505, until 10pm).

June 7 - June 8 BACKPACKING TRIP

Backpack from Murphy's Point Park to Perth (about 30 km) with an overnight stop near Otty Lake. Plan to have dinner in Perth at the end of the trip. Meet at Sears north door at 8:30 am. Register with Su by June 4.
Leader: Su Nag 544-6505

Sunday June 15 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 June 13. Bring paddles, life jackets and a lunch and meet at Sears north door at 9:30 am.

Leader: Terry Fuchs 548-4143

Wednesday June 18 LITTLE CATARAQUI

Meet at Sears north door at 1:30 pm for a hike in the Little Cataraqui Conservation Creek Area.

Leader: Joyce Mayhew 389-9819

Saturday June 21 FRONTENAC PARK

Hike from the trail centre towards Arab and Doe lakes (map 10) and further if you wish to see an active heronry. Bring swimsuits and a lunch. Meet at Sears north door at 9 am. Charge is \$3 per vehicle.

Leader: Keith Bull 546-9693

June 27 - July 1 CAMPING AT BON ECHO

Ottawa, Kingston and Central club members - get together at group campsite #1 on Bon Echo lake at Bon Echo Provincial Park. Only tents allowed. The charge is \$1 per person per night for adults over 19 years. Register by June 23. Organized events are:

- 28 1:30 pm - hike along the Shield trail. Leader: C. Cutts
- 29 9:00 am - hike the Abes and Essens trail. Leader: S. Douglas
- canoe the Kishkebush route. Leader: R Forester

Register: Harry Dwyer 546-3319
Stan Douglas 389-2563

Wednesday July 9 GOULD LAKE

Hike from Gully road to Gould Lake barn. Bring your swimsuits and a lunch. Meet at Sears north door at 9:30 am.

Leader: Emma Martin 542-1594

Sunday July 13 BIKE ON AMHERST ISLAND

Take a bike outing to Amherst Island. Meet at Sears north door at 8:30 am. with your bikes loaded onto your vehicle and ready to drive to Amherst ferry dock. Bring a lunch. Those requiring transportation for bicycles call the leader by July 10. Stop at Mr. Downey's place for lunch and a swim.

Leader: Tom Kaddits 546-0806

Sunday July 27 BIKE OUTING

Meet at the information booth at the foot of Old Fort Henry Hill at 9:30 am and bicycle along Highway 15 to Middle Road and Abbey Dawn Road. There will be a lunch and swim stop at Kingston Mills.

Leader: Tom Newton 542-9253

Sunday July 27 HIKE

Walk around Fort Henry Hill and historic Barriefield. Meet at the information booth at Old Fort Henry Hill at 9:30 am.

Leader: Cathy Cutts 542-5414

July 28 - July 31 PRINCE EDWARD CNTY

Explore the trails in Prince Edward County with overnight stops at bed/breakfast places. Register by July 14.

Leader: Cathy Cutts 542-5414

Sunday August 10 CANOE TRIP

Paddle on Eagle Lake with a lunch stop at the cottage of Lynn and Lars. A barbecue will be available so bring your hamburgers. Meet at Sears north door at 9 am with your canoe. Register by the evening of Aug. 8.

Leader: Su Nag 544-6505
Ted Kiwala 549-1160

August 16 - 17 WEEKEND VISIT

The Kinston club to host the Ottawa and the Central club members for an overnight stay. Call Nancy or Cathy by Aug. 11 if you have accomodation for our guests.

Contact: Nancy Young 549-8856
Cathy Cutts 542-5414

Saturday August 16 BOAT CRUISE

Leave boat ramp at Gananoque at 1 pm. for an afternoon cruise (about \$10 per person) on the St. Lawrence with a one hour stop at Boldt castle. Following the cruise, get together for swimming and a barbecue at Peter and Libby Skelton's cottage. Call Nancy or Cathy by Aug. 11 if you plan to attend the cruise and for details on what to bring for the barbecue.

Contact: Nancy Young 549-8856
Cathy Cutts 542-5414

Sunday August 17 SKYCROFT

Hike or canoe at Skycroft. Bring a lunch and meet at Sears north door at 9 am. Charge is \$1.80/person.

Leader: Jim Gartenburg 542-8942

Wednesday August 20 LEMOINE POINT

Enjoy a leisurely walk in Lemoine Point Conservation area followed by a swim. Meet at Sears north door at 1:30 pm.

Leader: Ruth Studd 546-4396

August 23 - 24 CANOE TRIP

Location of canoe trip not finalized yet. Register with Ray or Tom by Aug 20 and get trip details.

Leader: Ray Forester 542-4385
Tom Kaddits 546-0806

Saturday August 23 HIKING

Walk from Railton Road through fields and woods to Sydenham (map 11). Stop for lunch and a swim at Sydenham beach. Meet at Sears north door at 9:30 am.

Leader: Cathy Cutts 542-5414

Sunday September 7 HIKE

Hike from Rideau Lake campground to Murphy's Point Provincial Park past several beaver dams (map 8). Bring swimsuits and a lunch. Meet at Sears north door at 9 am.

Leader: Larry Dyke 389-6692

WANTED

The Ottawa Club needs someone to co-ordinate the trail maintenance activities. Why not volunteer your services! Contact Jorge Puysegur at 745-0563 for more details.

Answer to quiz on page 11:

Homo sapiens - and specifically, a nudist. Explanation from the Ottawa Citizen of April 19, 1986 - "Stalking the Wild Nudist on Meech Lake's Shore" by Roy MacGregor.

Why not try your hand at a humorous article - "How to distinguish a hiker from a golfer, a biker etc." or "Distinguishing an Ottawa from a Kingston club member". Send your entry to the "Hike and Write" contest.

OTTAWA CLUB OUTINGS

Hikes leave from the corner of Booth and Albert in rain, hail, SUNSHINE - any kind of weather. If you do not have a car, please call the hike leader to inform him/her that you will need transportation from the meeting place. If the leader cannot be reached, call 829-3062 for information on the outings.

Wednesday June 4 WEDNESDAY WALKERS

The group continues to meet every Wednesday morning at 10:00 am at Booth and Albert. Note the change in time!

Contact: Dorothy Belter 523-4420

Sunday June 15 OTTAWA AGM

Meet at Booth and Albert at 10 am or travel to the LOG FARM on Cedarview. Wait at the gate until the rest arrive. Details on page 5.

Contact: Barri Scully 233-3770

June 27 - July 1 BON ECHO

The Kingston club has reserved a group campsite at Bon Echo Provincial Park for the holiday weekend. Tents only. See Kingston schedule for more information.

Contact: Barri Scully 233-3770

Sunday July 6 PETAWAWA FOREST STATION

Take a day outing to the home of the Petawawa National Forestry Institute. Enjoy hiking, a forestry exhibit, an auto tour, lunch and a swim. Spend the day and join the group for dinner in a restaurant on the way home. Meet at Booth and Albert with your lunch at 9:30 am.

Leader: Elizabeth Mason 729-6596

Saturday July 12 MURPHY'S POINT

This is our annual hike, swim and sun day at Murphy's Point. Meet at Booth and Albert at 9:30 am. with your lunch and a bathing suit.

Leaders: Linda Hayes 234-1045

Ella Kelly 737-0351

Sunday July 20 CANOE OUTING

Canoe trip - likely in the Gatineaus. Bring your lunch, insect repellent,

bathing suit and FLOTATION DEVICE (and a paddle). Participants must be good swimmers. Every effort will be made to accommodate those who do not have a canoe. Anyone interested should contact the leader by Thursday July 17.

Leader: Barri Scully 233-3770

Sunday August 10 GATINEAU PARK

A hike, and possibly a swim, in the Gatineau Park. Bring your lunch and a swim suit. Meet at Booth and Albert at 9:30 am.

Leader: Jorge & Mary Puysegur 745-0563

August 16 - 17 KINGSTON

The Kingston Club is inviting the Central and Ottawa clubs to Kingston for the weekend. Included in the activities will be a boat cruise in the Thousand Islands (cost about \$10.00) and a barbecue. See Kingston schedule for more details. As accommodation must be arranged in members' homes, please inform the contact by Monday July 21 if you are interested in participating.

Contact: Barri Scully 233-3770

Sunday August 24 CHARLESTON LAKE

A good hike from 6 to 9 kilometers, depending on the temperature, on the Peninsula Trail beside beautiful Charleston Lake - there should be interesting swamp flowers - followed by a swim. Bring a lunch, bathing suit and insect repellent. Meet at Booth and Albert at 9:30 am.

Leader: Bill Grant 820-0697

Sunday September 7 FRONTENAC PARK

Be prepared for A L-O-N-G hike and swim - weather permitting. Bring a lunch, sturdy footwear, wet weather gear and a bathing suit. Meet at Booth and Albert at 7:30 am.

Leader: Peter Brebner 729-8178

Saturday September 20 AGM

The annual general meeting of the RTA is in Westport this year. See details on page 10. Meet at Booth and Albert at 8:45 am.

RIDEAU TRAIL ASSOCIATION

ANNUAL GENERAL MEETING

WHEN: Saturday September 20, 1986

WHERE: Westport Legion Hall

AGENDA: 10:00 am coffee
 10:30 am business meeting
 noon lunch (bring your own)
 1:00 pm "Hiking in Peru" (talk and slides)
 by Robert Gravel
 2:30 pm Hikes
 5:00 pm Dinner

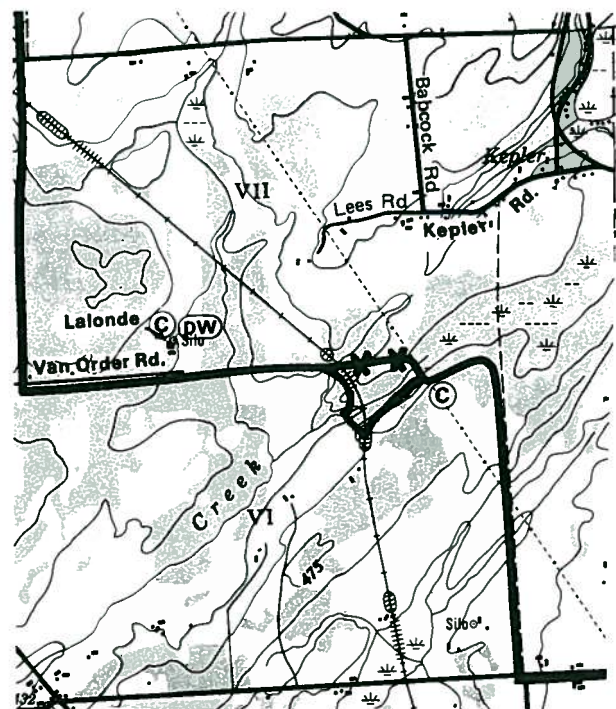
Reserve for dinner by phoning:

Ottawa:	Patricia Narraway	596-1677
Perth:	Jean Riddell	267-1451
Kingston:	Nancy Young	549-8856

RIDEAU TRAIL MAP 12

VAN ORDER ROAD REROUTING

The area east of Van Order Road (map 12) has been rerouted around a large swamp and is now passable. The new trail goes along the southern shore of the swamp, across a railway track and then north through scrubland and a farmer's field, to rejoin the original trail again. The area rerouted is indicated on the map opposite.



HIKE AND WRITE CONTEST

Do you have a funny story about a Rideau Trail outing? Did you go on an interesting hike and want to tell about it? Are you a photographer or an artist? Well, if so, please get out your paper, pens, typewriter or camera and get ready!

The Ottawa Rideau Trail Club is sponsoring the first "Hike and Write" contest. We are looking for humorous and serious stories, photos and sketches about the Rideau Trail hikes, outings, social gatherings, symposiums and even meetings. We'll accept articles from any bona fide Rideau Trail Association member and newsletter reader.

Submissions received from March 1, 1986 to August 31, 1986, will be evaluated by a panel of judges from all the Rideau Trail clubs. Prizes will be awarded in the following categories:

- Funniest Story
- Best Serious Article
- Best Black and White Photo
(with caption)
- Best Drawing or Sketch
(done in black ink on white paper)

The winners will be announced at the RTA Annual General Meeting in September. As many submissions as possible will be published in subsequent newsletters.

Send your entries to:
Hike and Write Contest
Ottawa Rideau Trail Club
P.O. Box 4616,
Ottawa, Ontario
K1S 5H8

CAN YOU IDENTIFY THIS SPECIES?

Habitat: Found during sunlight hours, usually in small clumps on the beach, sometimes in shallow water, but rarely above knee-level in June.

Identification: Unlike other species of the area, the male is not readily identifiable by bright plumage. Nor is the presence of ear rings much help!

Diet: Cheeses, paté, grapes, french bread, bubbling water and white wine, none of which are native to the Ottawa area let alone Canada. Scientific research has yet to determine how this species forages for food.

Tracking: Name droppings not being as readily traceable as those which rabbits leave behind, this species can be tracked on sand (bare feet), on trails (thongs) and on water (coppertone slick).

Have you guessed? Answer on page 8.

WILDERNESS CAMPING NEAR OTTAWA

by Robert Gravel

Ottawa area wilderness campers are a privileged lot. While most city dwellers must drive several hours to find an unspoiled natural environment, we have, within a short distance from Parliament Hill, access to a perfect weekend getaway: the lac La Pêche camping sites. Located in the northern part of Gatineau Park, lac La Pêche is mostly known to area residents for its beach, water sport facilities and picnic area. However, much of the irregular shoreline and islands of this large lake have also been set aside as a wilderness camping area.

The campsites are tucked away in picturesque bays and are accessible only by water. They are suitable for weekend escapades or longer holidays. The area teems with wildlife. Loons, ducks, beavers and the occasional deer can be spotted. While the park brochures warn about the potential threat posed by the abundant black bear, we found it was the smaller mammals that provided the unexpected and unusual problems.

On a weekend outing we surprised two beavers busily gnawing through a large tree on the edge of our campsite. Judging from the angle of their work, the tree eventually would have fallen on the exact spot where we had pitched our tents...

For more information concerning reservations of campsites and canoes, contact the National Capital Commission information desk on Laurier Avenue in Ottawa.

BOOK REVIEW

SEA OF SLAUGHTER by Farley Mowat

reviewed by Linda Hayes

We are usually happy if we see on one of our hikes a pair of ducks or loons, a porcupine in a tree, an osprey, or the hoofprints of deer or moose. In the Rideau Trail area, in our time, wildlife is scarce and seldom encountered. The extended quotes from the accounts of the early European explorers which begin each chapter of "Sea of Slaughter", list the incredible numbers of wildlife they found on this continent - animals, birds and fish in almost limitless numbers. These early reports of abundance give perspective to the accounts which follow, of how these species were subsequently depleted, some to the point of extinction.

I cannot imagine any group of readers for whom this work would be pleasant reading. Farley's style is, as always, extremely readable, but his subject, the treatment meted out by humans to their fellow creatures in Eastern North America, "from about mid-Labrador south to the vicinity of Cape Cod, and westward to embrace the Gulf of St. Lawrence and the lower reaches of the St. Lawrence River" since the arrival of the Europeans, is appalling in its depiction of continual senseless waste and destruction of species after species - sometimes for food, sometimes for commercial gain, and sometimes just for sport.

Five chapters are devoted to birds alone, from the great auk and the Eskimo curlew, to such small shore birds as sandpipers, plovers, and sanderlings. Another five chapters cover animals taken for meat, hides and fur. The section on "Fish Out of Water" deals with the commercial fishing industry in the Gulf of St. Lawrence and off the Atlantic coast of Canada. The historical material quoted is extensive and precise; so are the reports of more modern events.

One can perhaps be a bit smug about the depredations committed by our unenlightened predecessors on this continent, though in the case of fisheries, as late as 1955, ships working the Grand Banks were still hauling in netfulls of haddock, and then shovelling young haddock overboard by the ton - too small to use, but still dead. The result was that since 1955 the young of this species have not survived to grow to marketable size, and the fishery has collapsed.

In his chapter on "Wild Cats and Dogs" Farley brings the story right up to the present with a report on the "game management" program taking place in 1983-84 in the Peace River area of British Columbia. This area includes some prime big-game hunting territory, which forms part of the economic base for motels, restaurants, stores and guides of the town of Fort Nelson. Its member of the provincial parliament was the B.C. Minister of Environment. When enthusiastic hunting began to seriously diminish the game animals in the area, the constituents put pressure on the minister to do something, but not by cutting down on the hunting. Instead it was decided to eliminate the wolf as a competitor for the moose, bighorn sheep, caribou and other trophy animals. The number of wolves in the region was estimated at 500, and a target of 80% to be 'culled' was set. Provincial funds for this effort were supplemented by money and assistance from the Northern B.C. Guides Association. As of April 1984, 363 wolves had been killed in the Fort Nelson area alone.

And B.C. is not the only province with such a program. A quote from the head of Alberta's Carnivore Management Unit (January 1984): "I don't see anything wrong with wolf control to enhance big game hunting. Wolves don't pay taxes and people do...."

Writing this on a spring morning with a sky full of Canada geese, I am amazed that so many survive to return, and also that so many people still want to kill off the ones that remain. This record suggests that in every instance where humans possessed the capacity to diminish a species to the point of extermination, they have not hesitated to do so if they saw something to be gained, however slight or temporary. But humanity is a species too; we too, are competitors for a shrinking supply of available resources; and we may be next on the list of endangered species.

HIKING IN PERU

by Robert Gravel

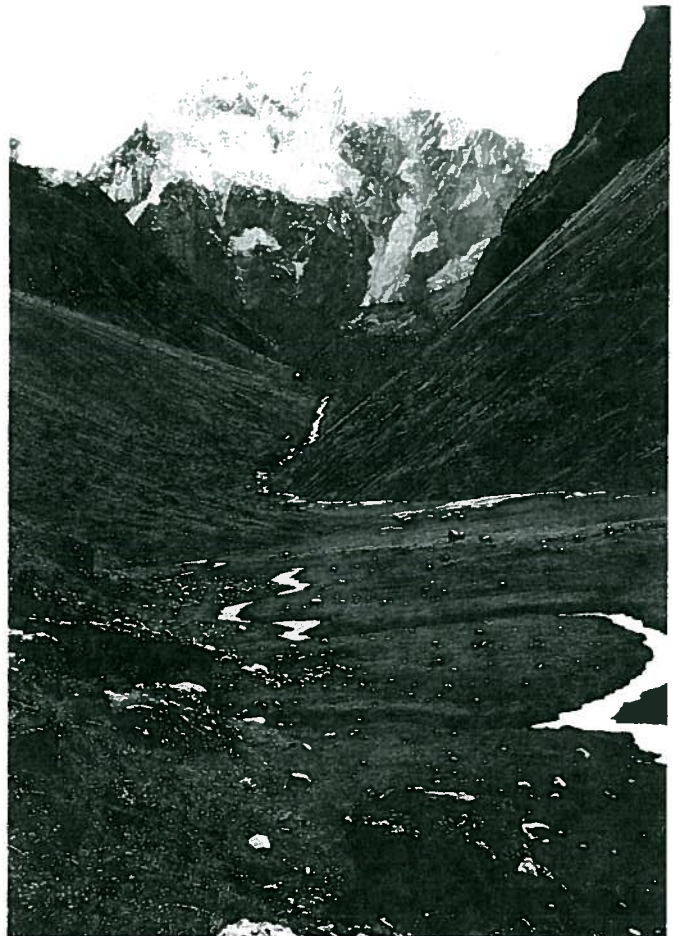
Some of the best hiking of the Americas can be found in the mountains of southern Peru's Cordillera Vilcabamba. This mountain range, with its peaks that exceed 6000 meters in height, its subtropical valleys, its sprawling glaciers, its high passes and its pre-columbian ruins, offers almost endless opportunities for exploration and adventure.

Despite its nearness to the equator, the Vilcabamba mountains harbour a surprising variety of radically different climates within walking distance of each other. Below 2800 meters lie the warm and semi-tropical valleys with their orchid, cacti, and eucalyptus trees. Above that is a temperate transition zone of grasslands and small forests. At 3500 meters begins the Puna, an area of vast pasturelands too cold to support much plant life, and often covered with clouds. And finally, just below the glaciers, the scenery takes a flavour resembling very much our own arctic tundra.

The Inca Trail is certainly the best known in Peru, and probably in all of South America. The main attraction of this hike is that it leads to several abandoned Inca ruins, some of great beauty, before reaching the famous 'lost city' at Machu Picchu. These ruins, one of the great sights of the world, are built on a saddle between two mountains, high above the canyon of the Urubamba river. The ruins once sheltered a thriving community of 5,000 people, but were abandoned for some unknown reason at the time of the Spanish conquest and were eventually totally forgotten by the outside world.

Much of the meter wide trail is still in excellent condition, the Inca having paved it with large blocks of stone. In the steeper places steps were carved out of the rock face, and at one

(continued on page 15)



Mount Salcantay (Peru). Photo by
Marie-Josée Boisvenue



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

South Moresby National Park

The issue of logging in the area of the proposed South Moresby National Park is much more than a regional dispute. The final decision will be an indication of our country's maturity in handling environmental issues. The threats of a Suzanne Blais-Grenier to log and mine in national parks are hopefully behind us. Have we gained the wisdom, however, to preserve the rich resources of the Queen Charlottes for future generations?

The magnificent forests and coasts of the Queen Charlotte Islands are unique. Already centuries old when Columbus arrived in North America, the Sitka spruce, western hemlock and red cedar are among the largest trees on earth. But they are targeted for logging in South Moresby, the wildest and most beautiful part of the island.

It is a special place, boasting

- the world's largest concentration of the rare Peale's peregrine falcon and the largest nesting concentration of bald eagles in Canada
- over one-quarter of all the nesting seabirds on the Canadian Pacific coast
- more than one-half of Canada's Steller's sea lions
- eleven species of whales
- the world's largest black bears
- plants, birds, mammals and insects found only on the Queen Charlotte Islands
- several hundred archaeological sites, including the Haida Indians' Ninstints village, a UNESCO

World Heritage Site

- some of the most majestic scenery on earth.

Yet the area is threatened by clearcut logging operations. Because of the steep slopes, the result will be erosion and landslides. South Moresby has only 2/10 of 1 per cent of British Columbia's productive forest land. There are other alternatives for the logging companies without the loss of jobs.

Naturalist artist Robert Bateman has written: "Preserving bits and pieces of South Moresby is not good enough. It is like preserving a stately historic building and surrounding it with parking lots."

We must show the federal and provincial governments that Canadians care about South Moresby.

Federal Environment Minister Tom McMillan and BC Environment Minister Austin Pelton have said that they place top priority on preserving the area. But they need strong public support to convince their governments that South Moresby needs to be preserved.

You can help. Write Prime Minister Mulroney and Premier Bennett. Tell them to stop the logging of South Moresby **NOW** to preserve this world treasure as a park for ourselves and future generations.

Rt. Hon. Brian Mulroney
Prime Minister
House of Commons
Ottawa, Ontario
K1A 0A6

Honourable William Bennett
Premier
Parliament Buildings
Victoria, British Columbia
V8V 1X4

Ross McLean

NEWS ROUNDUP

Hiking for health

The Salteaux Section of the **Voyageur Trail Association** held a Hiking for Health workshop earlier this year that included sessions on first aid, finding your way in the woods and emer-

gency outdoor survival tactics. Willard Kinzie took the mystery out of hiking and backpacking for those new to it all, Darcy Ortiz and Virve Squire got together to take a light-hearted look at food packaging and food preparation

for while on the trail.

Voyageur was organized in 1973 and received its provincial charter the following year. To mark its ten years since the first section was completed, at the 1985 annual meeting a bronze plaque

was unveiled that included a tribute to "the vision and leadership of Dr. Paul Syme" the founder of the Voyageur Trail Association.

Ten-year celebration

The **Avon Trail Association** has recently celebrated a tenth birthday, the trail having been officially opened in 1975. Master of ceremonies Perry Hill paid tribute to two key people responsible for getting the trail organized: Dr. Crosby Kirkpatrick and James Essex.

New guidebook

The **Bruce Trail Association** has also been busy putting together a new guidebook. It is the fifteenth edition of the guidebook and although there are not a great number of changes from the previous edition – a few minor and two major changes – editor Trevor Stock did have to totally re-draw two of the maps. This was because the association's Toronto section now has its northern

terminus at Cheltenham instead of Dark Corners, also because its Niagara section has put in a very attractive 2-day loop trail that links Niagara-on-the-Lake to its trail network.

Another very attractive side-trail, one that didn't make it to the guidebook in time, was recently put in by the association's Caledon Club. Details appear in the current issue of *Bruce Trail News*.

Hiking course

This past fall, **Thames Valley Trail Association** offered a four-week course at Fanshawe College, London, on Hiking for Fun and Fitness. Besides evening classroom instruction, the group was introduced gradually to all aspects of hiking, beginning literally at ground level on a work party. This was followed by an in-city hike of 2-3 hours, and a longer 24 km jaunt around Fanshawe Lake.

Co-ordinator Jean Law was assisted by volunteer instructors Cathy Anderson, Ron Gill, Jack Mayos, Bill Savage, Bob Vischscaper and Steve Winder. Registration fee was \$35.00.

The course was so well received that Thames Valley has been asked to present a similar session in the spring. The interest generated prompted many of those attending the course to join TVTA. This is a good way to keep hiking alive and active.

End-to-end hikes

Charlie Aberhart led another successful end-to-end hike on the **Thames Valley** trail in 1985. It took place over four consecutive weekends and proved very popular, with more than 20 people participating on some days.

Carved wooden Hornehiker plaques were presented to eight members who completed the end-to-end. Hikes were approximately ten miles in length each time.

Thames Valley also operated a two-day end-to-end hike on a June weekend, and sixteen persons completed that in spite of poor weather on the second day. Participants included members from Blue Mountain, Iroquois, and Grand River hiking clubs as well as TVTA-ers. This annual event will take place again this year.

From four to two to one... If Jack Mayos and Gord Anderson spent one evening last year soaking their feet – well, it was understandable. These two TVTA-ers set some kind of record by hiking all 60 kms. of the Thames Valley Trail IN ONE DAY! They started out from St. Marys about 5:45 am and finished in Byron about 8 pm, which meant a steady pace all the way.

Hike Ontario! wishes to acknowledge the support of the Ministry of Tourism and Recreation during 1985.

Keep in touch, spread the word.
Please send news of your association's activities to:

Norman Day
Outlook editor
17 Marlborough Avenue
Toronto
Ontario M5R 1X5
Tele: (416) 922-4880

HIKING IN PERU (continued)

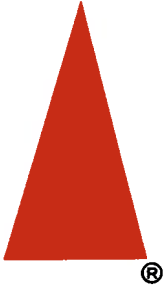
particular troublesome spot the trail dives into a natural tunnel to avoid a cliff.

The Salcantay Trail is more difficult than the Inca trail: it goes higher, it is badly charted, it is not always obvious, and is less well travelled, so that you have to depend entirely on yourself. On the other hand, the views are nothing short of spectacular.

Much of the trail is dominated by Mount Salcantay, an almost perfect snow-covered triangle which, at 6200 meters, dominates all of the Vilcabamba range. On the way up to the pass, one encounters beautiful valleys almost totally surrounded by glaciers.

The silence is perfect, broken only by the rumblings of avalanches higher up. One cannot help thinking of Shrang-i-La.

...For further information on hiking in Peru, come to the annual meeting and enjoy a slide show on hikes taken in this area. Robert Gravel will be happy to answer any questions you may have on the trips he has taken. He may be contacted at (819) 684-6925.



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
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() Enamelled Pin..... 3.00
() Donation to RTA.....*
() Donation to Corridor Preservation Fund...*

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