

The Rideau Trail NEWSLETTER

SUMMER 1987

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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 1987, to Julie Webb, 49 Point St. Mark Drive, Kingston, Ontario K7K 1Y1, (613) 549-0593.

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

Again this year, Frontenac Provincial Park is offering the following program of Wilderness Skills. For more information and registration, contact the Park staff at (613) 376-3489.

June 7 Camping Skills & Equipment by Trailhead, Ottawa.

27-28 Canoe Certification Weekend (O.R.C.A.) by Harbourfront Canoe School

July 5 Canoe & Kayak Touring by Trailhead, Ottawa.

19 Canoeing clinic by Norman Light, Kingston.

Aug 16 Canoe Skills Development Day (O.R.C.A.) by Harbourfront Canoe School.

Sept 12 Orienteering, Map & Compass by Silva Ltd.

19-20 Canoe Trip and Skills Session (O.R.C.A.) by Harbourfront Canoe School

27 Photography Workshop by John Ruskay, St. Lawrence College and Rodger Compton,
Camera Kingston

Oct 4 Wilderness First Aid by Canadian Red Cross Society.

18 Lightweight Nutrition by Fresh Air Experience, Ottawa.

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COVER: The new Rideau Trail Merit Badges.

A WILDERNESS WINTER WEEKEND

by Don, Elizabeth, Geoff, Margaret and Nell

In March, seven Rideau Trail skiing enthusiasts went "south" for a winter holiday. The five members from Ottawa piled into Don's truck and, under the superior navigational skills of Margaret, got underway. After a slight detour (we started off heading east instead of west - the driver had homing instincts) we took the route to Algonquin Park and arrived, via a bumpy Peterson Road, at the Algonquin Nordic Lodge parking lot.

Our inestimable leader, Elizabeth, advised against waxing our skis at this point since it was only a 2 km. ski into the lodge. Therefore, after plenty of backslip and numerous tumbles on the flat terrain (the only flat trails we saw all weekend) we arrived at the ski lodge. We still had an hour of daylight. Not withstanding previous advice, we lathered our skis with klister and headed for a short loop trail. This initial ski on more interesting terrain afforded us the opportunity to practise our falling techniques. Margaret and Geoff vied for the most distinguished landing. After a number of demonstrations we were able to name the winner - Margaret got a 5.3 for artistic talent and Geoff a 5.31 for dramatic flair!

Because Algonquin Lodge is in a remote area, there were no televisions, newspapers, telephones nor radios available to help us while away the evenings. In fact, electricity and running water were only available from 8 am to 10:30 pm. Since the generator was allowed to slumber all night, we too got to bed early. Of course, the group from Ottawa could not quietly entertain themselves. Instead they had an intellectual evening of wild animal game, scrabble and trivial pursuits. Everyone in the lodge knew we were enjoying ourselves (and wanted to join us).

Saturday morning, following a substantial breakfast, we chose an easy trail to start. After an hour and a half of vertical climbing we finally lost sight

of the lodge. We also began to wonder what the more difficult trails might be like! By 11 am the junior members of the group had left for an all day ski while the "young-at-heart" and sensible majority took a short cut back to the lodge, the hot tub and lunch. At this juncture, we almost lost our "young-at-hearts". The hot tub proved to be hot, hot, hot ... hot enough to boil a lobster or cause severe heat stroke. There are still wild stories going around about how the tub was cooled down!

The junior members enjoyed shirt-sleeve skiing all afternoon. Elizabeth and Terry sighted three deer on the river. Sue improved her downhill skiing techniques. All three returned home sunburnt and exhausted.

Dinner Saturday evening consisted of mounds of juicy roast beef, home-baked scones, three vegetables and chocolate cake (to help celebrate the cook's birthday). For those who had energy left, there was snow-shoeing, stargazing and quiet walks. Attempts to learn cribbage were rather hopeless as everyone was too tired ... the 10:30 pm lights out was none too soon.

The female members of the group were thankful for the dormitory arrangements as snoring was confined to the other room. Don insists that he slept soundly while Geoff had to sleep in the living room. He found that deep baritone and high contralto notes were not conducive to slumber.

Sunday morning Don arose early and went for a 5 km walk to observe deer in a nearby lumberyard. As he departed, his sleeping companions migrated back to their own beds ... silence descended.

After comparing notes on sore muscles, the four least afflicted headed out early Sunday morning to get in as much skiing as possible before returning home. This was not as easy as it sounds

as we had learned that the slopes stayed icy and hard until 10 am or later ... until the sun had its chance to warm the snow. Temperatures soared to 10 degrees or more and as much as 26 degrees in full sunlight. By noon we were spring skiing.

After lunch we bade goodbye to Algonquin Nordic Lodge. The 50 km and more of trails in the area are spectacular. Some trails are well marked and groomed while others are challenging with lots of dips and dives. The setting in the southern tip of Algonquin Park provides for forest, lakes and streams and wildlife. Several deer, a few woodpeckers, ravens and blue jays were spotted during our skiing weekend.

The group had a tremendous weekend and are looking forward to a similiar trip next year. Thank you Sue and Margaret for organizing it all!

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Some of the skiers at Algonquin Nordic trying out the trails.
Photo by Nell Khandkar.

AN AUDIO-VISUAL EVENING

by Mary Breig

They were sitting on the floor, on the piano bench, on the arms of the sofa, munching the goodies Pearl had laid out on the table. We all love these slide shows of the Club. Do you remember when ... But this one was special.

Skiing through Stoney Swamp.

The School House Loop.

Feeding the birds at the cabin

and sitting around the barbecue pit afterwards.

They were all there.

The beautiful walk in the Perth area, past the ghost town.

Murphy's Point with Eileen Evans social skills ensuring a good picnic.

Our beloved Earth Star Loop.

The very beginning of the Rideau Trail on the Ottawa River near The Mill. Churches and forests,

Rocky outcrops and meadows,

Spring flowers and autumn leaves,

Frost on the guys' beards,

Bronzed legs in shorts.

Yup, that's our Trail, that's our Club.

Will you help make this slide night come true? Help take photos or slides of the things that make our Club and our Trail special so we can prepare information and publicity material. If you can contribute call Mary Breig at 236-0042 (Ottawa).

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Postscript to Apres Hike

With reference to my article in the spring issue, I am informed that the Bohemian restaurant in Smith's Falls is now closed. The reference to the "Jock River" was in error, it should have read "Tay River". I can also inform all readers that the highly recommended Gallagher's in Portland is under new management and better than ever. The Maple Drop Bakery at 8 Wilson Street East in Perth is now a full-fledged restaurant which gives very good value.

Bill Grant

HIKE LEADERS' HINTS

As the hiking season gets underway, here are reminders for the leaders.

At Meeting Place:

- The leader must be familiar with the area to be hiked. (Scout out section beforehand if needed).
- Arrive 5 to 10 minutes before the time listed in the newsletter.
- Introduce yourself as leader.
- Be sure all drivers understand how to get to the place where the hike is to begin. A map with directions is especially useful.
- Be sure everyone has transportation, there and back
- Request that each person contribute towards gasoline. Suggest an amount. (\$2 to \$5 depending on distance)
- Announce to everyone before you leave, the plan for the hike including destination, type of terrain, distance to hike, estimated time of return etc.

Before Hike Starts

- Ask someone to help with the hike. Decide, between the two of you, who will lead and who will be the "Tail-end Charlie". Then introduce both the leader and the "tail" to the group.
- Ask the hikers to stay together, between the leader and the "tail".
- Introduce everyone, count heads and make a list of hikers.

On The Trail

- Pause once in a while for the slow hikers to catch up. Count heads periodically. Adjust the pace or the route to suit.

After Hike

- Be sure that everyone is accounted for.
- Announce the next up-coming hike.
- Give list of hikers to the human resources co-ordinator. Also, report any problems on the trail.

Miscellaneous

- Where possible, have brochures or newsletters to give out to new and/or potential members.

HIKER'S HINTS

In case you think the leader is the only one with a job to do ... here is
WHAT THE LEADER WILL EXPECT OF YOU:

At Meeting place

- If you have questions about the hike, check with the leader before you go;
- Be on time at the meeting place;
- Check in with the leader; inform him of any problems;
- Tell him if you are a driver and are prepared to offer rides; tell him if you need a ride;
- Bring gas money to offer to the driver;
- Let your friends know where you are going and your expected return time.

Equipment

- Wear comfortable footwear: never wear brand new boots - break them in at home first;
- Bring raingear (Gortex or a rubberized suit); nylon shell to break the wind; hat to protect your face and neck from the sun; extra socks so that you can change into fresh socks at lunch;
- Dress in layers. A long-sleeved shirt and pants are useful to protect your arms and legs from too much sun or from brush
- Bring a bag of dry clothes to leave in the car.
- Bring moleskin for blisters; sunscreen to protect your skin; sunglasses; whistle, so that you can attract attention if you get split from the group; map and compass for finding your way; pencil and paper in case you have to leave a note.

Food:

- Bring snacks, a drink and lunch, if needed.

On the Trail:

- Stay between the leader and the "tail" and let them know of any problems;
- Let the leader know if you plan to quit early
- Be guided by the leaders. Don't give them a hard time.

SPRING SKIING

by Arne Henrikson

Fun can be had at all seasons of the year. In particular, it can be fun to ski in the rain.

In Kingston the snow disappears somewhat earlier than it does in Ottawa. As soon as its gone from the city streets almost all skiers hang up their skis for the season. However, just a few miles north the snow usually lasts weeks longer. This can result in some very enjoyable spring skiing.

For quite a few years now I have led a ski trip into Slide Lake in eastern Frontenac Park.

This year the trip was scheduled early, 1st March, to ensure good conditions. But it was not to be. We woke up to the sound of rain and a forecast for it to continue. A poor forecast does not deter Rideau Trailers however, the trip must go on. Four hardy souls joined me at the meeting place. We decided to carry on in the brave (some might say crazy) traditions of the club. By the time we reached the beginning of the trail on the Perth Road the rain had turned to freezing rain.

The first uphill climb told me I had on the wrong wax and I stopped to put on klister. The klister made a tremendous difference. I could now climb straight up the steepest hill and still glide down the gentlest slope. This was not a trail for novice skiers but it was a fun trail; with many ups and downs. Some of the hills were not wide enough to snowplow properly. Others had curves to negotiate. Sometimes we hung on to the trees and prayed. Even on flat terrain, the going was rough because the soft snow let us sink with every step. By taking turns as leader we shared the hard work and finally reached the cabin. We lit a fire in the stove and, while trying to dry out, ate a leisurely lunch. Outside the freezing rain continued to pour down.

After lunch we headed back. By now icicles were hanging from the trees. A slight crust on the snow made the skiing much easier. It was also faster and my klister was still giving me excellent climbing ability as well as continued glide. The hills on the way back were less challenging than those on the way in but gave everyone a good ski, particularly the last hill which was quite long so that good speed was possible. We reached the cars just as the tops of some trees started breaking off because of the weight of the ice. We were very glad to be out of the woods. Everyone commented that they had seldom had so much fun on a ski trip. A lot of enjoyment can be had on any day - even a rainy ski day.

MERIT BADGES

The Rideau Trail Association board of directors has designed three new badges to be added to your RTA crest. The new badges are earned as follows:

The END-TO-END badge is awarded to every person who hikes the entire trail between Ottawa and Kingston.

The VOLUNTEER badge is awarded to people who donate their time and energies to help the Rideau Trail Association function.

The LIFE MEMBER badge is presented to every person who purchases a life membership in the Association.

The first merit badges will be presented at the annual meeting in September. All you hikers that have been putting it off, now is a good time to earn your END-TO-END badge.



Outings

OTTAWA CLUB OUTINGS

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

Leaders are reminded that they should send a list of the hike participants and their telephone numbers to the Human Resources Co-ordinator, Linda Hayes, Rideau Trail Club, PO Box 4616, Station E, Ottawa, Ontario, K1S 5H8.

WEDNESDAY WALKERS

The Wednesday walkers meet every Wednesday at Booth and Albert at 10:00 am.

Contact: Dorothy Belter 523-4420

SATURDAY June 13 GO TO BLAZES DAY

Come out and help us maintain your trail! Bring your tools and a lunch to Booth and Albert between 9:00 and 9:30 am. Plan to join us for a barbecue afterwards - around 3:30 pm. The food will be supplied compliments of the club.

Contact: Tom Bach 748-6266

SATURDAY June 20 Perth Area

A 15 km hike (map 7) from the Beveridge Locks along the Tay Canal to Perth. Wear sturdy footwear, bring insect repellent and a lunch. Meet at Booth and Albert at 9:00 am.

Leader: John Beech 733-7403

SUNDAY July 5 Dwyer Hill

Hike about 10 km from the Dwyer Hill Road south to the Merrickville blue loop (map 4). Bring a lunch and meet at Booth and Albert at 9 am.

Leader: Ron Hunt 830-1592

SATURDAY July 11 Murphy's Point

The annual hike and swim outing to Murphy's Point. In addition we plan to have a barbecue supper in the park.

Bring your lunch, a swim suit and something to cook for dinner plus the ingredients, utensils, beverages et al for your supper. (do not forget the charcoal and the lighter fluid). Meet at Booth and Albert at 10:00 am.

Leader: Eileen Evans 741-0789

WEEKEND July 18-19 Frontenac Park

Join the Kingston Club for a swim and barbecue at the Slide Lake cabin at 5 pm. The hamburger will be provided by the Rideau Trail Club but you must provide the rest of your meal including beverage. If you are interested in attending the barbecue and will be in the Kingston area, phone Helen Kaditts at 546-0806 by July 14. The Ottawa co-ordinator will endeavour to arrange transportation from Ottawa.

Hiking - Those wishing to join the hike should notify Barri Scully by July 13 at the latest - 233-3770. The Ottawa group must leave by 11:00 am in order to meet the Kingston group by 1:15 pm.

Canoeing - The Kingston group plans to be at the boat launch at the northern end of Buck Lake at 10:30 am; therefore anyone wishing to join them from Ottawa should leave by 8:15 am.

For those who wish to camp overnight in Frontenac Park, campsite #1 on Buck

Lake has been reserved. The cost is \$3.00 per person per night. Those wishing to camp must provide their own tent, sleeping bag, provisions etc. Sunday activities could be hiking the Slide Lake Loop or canoeing on Buck Lake.

Contact: Barri Scully 233-3770

SUNDAY July 26 Foley Mountain

A short hike, approximately 1 hour, to a long swim at Little Bay Beach in the Foley Mountain Conservation Area. Bring your swim suit, sun lotion, insect repellent and lunch. Meet at Booth and Albert at 9:30 am.

Leader: Margaret Lafrance 692-4650

WEEKEND July 31 - Aug 3 Algonquin

Club members can enjoy a weekend in Algonquin Park with the options of canoeing and/or hiking. A group campsite has been reserved on Whitefish Lake. Cost \$1.25 per person per night. Tent camping only. Bring your own tents, and all other gear and food. Inform Stan Douglas (Kingston) at 389-2563 by July 17 if you wish to join the group.

Ottawa Contact: Barri Scully 233-3770

SUNDAY August 16 Gatineau Park

Hike the Taylor Lake Loop with a swim in Clear Lake. Bring your swimsuit and a lunch. Meet at Booth and Albert at 10:00 am.

Leader: Pearl Peterkin 829-3062

SUNDAY AUGUST 23 Charleston Lake

Join the Ottawa Club for their annual trip to Charleston Lake. A hike on the Peninsula Trail, from 6 to 9 km depending on the temperature, will be 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

LABOUR DAY WEEKEND Canoeing

Join us for a weekend of canoeing in the Barron River area of Algonquin Park. If you are interested, call Pearl or Elizabeth by August 23. We will arrange a meeting to discuss plans.

Contact: Elizabeth Mason 729-6596

Pearl Peterkin 829-3062

SATURDAY Sept 12 Mer Bleu

A leisurely walk around the Mer Bleu including the Marsh Boardwalk. Bring a lunch. Meet at Booth and Albert at 10:00 am.

Leader: Linda Hayes 234-1045

SATURDAY Sept 19 Gatineau Park

A 12 km hike in the Hay Lake area of the Gatineau. There are a few steep climbs so wear sturdy footwear. Bring a lunch and binoculars, if you have any, as Colin is sure to help identify all birdlife thereabouts. Meet at Booth and Albert at 9:30 am.

Leader: Colin Gaskell 728-7217

FALL HIKING

Interested in a weeks hiking in early October? Contact Elizabeth Mason by June 30. The group will meet and decide on the destination.

Call 729-6596 (home) or 777-6523(work).

HELP, HELP, HELP

The Ottawa section of the Rideau Trail needs two enthusiastic volunteers and their friends to act as trail maintainers for sections of the trail on maps 4 and 5. If you would like to maintain a part of your trail, phone Tom Bach at 748-6266 to learn the secret locations!

Did You Know?

The Old School House Bed and Breakfast near Sydenham welcomes Rideau Trail hikers. Family meals can be arranged. For information contact Ron or Betty Roberts at (613) 376-6859.

Answer from page 11. Frontenac Park.

KINGSTON CLUB OUTINGS

A number of group activities are planned for the summer. Hope to see you there. Contact the leaders as soon as possible to facilitate planning. Suggestions for further events may be made to Su Nag at 544-6505.

Thanks are expressed to leaders of all events during the past year. Your commitment and effort has been appreciated by everyone.

SUNDAY June 14 Gould Lake

Enjoy the scenic views of Gould Lake while hiking along its west side. The terrain is rugged with several steep inclines so wear sturdy boots. Bring a lunch. Meet at Sear's north door at 9:30 am.

Leader: Stan Douglas 389-2563

SATURDAY June 20 Marion Webb Boardwalk

The Marion Webb boardwalk at Gould Lake will be officially opened by the Honourable Flora MacDonald PC. This will be followed by a hike along the Mine Loop. Meet at Sear's north door at 1:00 pm.

Leader: Harry Gardner 389-9639

SUNDAY June 28 Frontenac Park

Hike the Arab Lake Gorge Nature Trail and the Doe Lake loop. Bring a swimsuit and snack. Meet at Sear's north door at 12:30 pm. Charge is \$3.50 per vehicle.

Leader: Gaetan Lessard 389-4513

SUNDAY July 5 Biking on Wolfe Island

Meet at the ferry dock on Ontario Street at 9:20 am for a day of biking on Wolfe Island. Bring a lunch and swimsuit.

Leader: Tom Newton 542-9253

WEDNESDAY July 15 Foley Mountain

Options for hiking and swimming. The view from Spy Rock is spectacular in all seasons. Bring a lunch. Meet at Sear's north door at 10:00 am.

Leader: Pauline McMichael 544-1648

WEEKEND July 18-19 Frontenac Park

Hike or canoe into Frontenac Park on July 18. Destination is the Slide Lake cabin for swimming and a barbecue at 5:00 pm. Hamburgers will be provided courtesy of the Rideau Trail Association. Bring your own beverage

and other items you require. Those interested in the barbecue should call Helen Kadditts at 546-0806 by July 14.

Canoeists bring your life jackets and lunch and meet at Sear's north door at 9:30 am. Leader: Tom Kadditts 546-0806

Hikers meet at Sear's north door at 12:30 pm. Leader: Joan Hughes 549-6265

Those wishing to stay overnight at campsite #1 on Buck Lake must bring their own supplies and gear. Contact Su Nag at 544-6505 by July 14 so that reservations can be made. Camping charge is \$3.00 per person per night.

MONDAY July 27 - 30 Hiking

Explore the area covered by the Moira River Conservation Authority with overnight stops at bed and breakfast places. Those interested call Cathy by June 20 to be included in the planning session for this trip.

Contact: Cathy Cutts 542-5414

WEEKEND July 31 - Aug 3 Algonquin Park

Members of all clubs, enjoy the beauty of Algonquin Park this weekend with options for hiking or canoeing. The club has reserved a group campsite on Whitefish Lake. The charge is \$1.25 per person per night. Tent camping only is allowed. Bring your own supplies and gear. Those interested call Stan for information or a reservation by July 17.

Contact: Stan Douglas 389-2563

WEDNESDAY Aug 12 Gould Lake

Hiking and swimming in Gould Lake Conservation area. Bring a lunch. Meet at Sear's north door at 10:00 am.

Leader: Emma Martin 542-1594

SATURDAY Aug 15 Amherst Island

Enjoy the bike routes or hiking on Amherst Island and cool off in Lake Ontario. Bring swimsuits and a lunch. Meet at Sear's north door at 9:30 am with your bikes loaded onto cars ready for departure to the Amherst ferry dock. Those requiring transportation for bikes or able to transport additional bikes call the leader by Aug. 12.

Biking Leader: Janice Ley 542-9958

Hiking Leader: Moira Drummond 544-9529

SATURDAY August 29 Hiking

Saturday: Hike from Gully Road to Sydenham beach. Bring a swimsuit and lunch. Meet at Sear's north door at 9:00 am.

Leader: Cathy Cutts 542-5414

SUNDAY August 30 Canoeing

Canoeists, meet at Sear's north door at 9:00 am for an unusual trip through the swamps in the southern part of Frontenac Park. Travel light to facilitate crossing the numerous beaver dams. Bring a lunch and necessary equipment.

Leader: Eric Usherwood 544-2489

SATURDAY Sept 12 Gould Lake

Hike along the Tom Dixon and Mica Trails of Gould Lake. Bring a lunch. Meet at Sear's north door at 9:30 am.

Leader: Jim Gartenburg 542-8942

RIDEAU TRAIL ASSOCIATION

ANNUAL GENERAL MEETING

WHEN: Saturday September 26, 1987

WHERE: Hotel Kenney, Jones Falls

AGENDA: 10:00 am Coffee

10:30 am Business Meeting

Presentation of Badges and Certificates

noon Lunch (bring your own)

1:00 pm "The James Auld Provincial Waterway Park"

An informational presentation and slide show
by the Ministry of Natural Resources

2:30 pm Hikes - Rock Dunder
- Jones Falls Locks Area

5:30 pm Dinner (\$12-\$13 plus tax and gratuity)

Reserve for dinner by phoning

Ottawa: Patricia Narraway 596-0572

Perth: Jean Riddell 267-1451

Kingston: Mary Jane Bowes 544-2753

HIKING IN CHARLESTON LAKE PROVINCIAL PARK

by W. G. Grant

Charleston Lake, located in the Frontenac Axis on the eastern edge of the Rideau Valley, is rather awkward to get at from a driving point of view, being an hour or so from Kingston and almost twice as far from Ottawa. However it is one of the three most interesting recreational parks in Eastern Ontario (the other two being Frontenac and Bon Echo) and well worth visiting.

Canoeists will appreciate the 200 miles of shoreline (because of the numerous bays, channels and islands). In addition there is the new James Auld Provincial Waterway which connects Charleston Lake to Otter Lake, is 90 km long with eight portages, and passes through 20 lakes along the route. Also, there are organized canoe trips to Blue Mountain, across the lake, where the view is spectacular. Swimmers can enjoy the two beaches. Skiers know the park provides a good location for cross-country skiing. Naturalists find it interesting because its location and topography (Laurentian Shield) provide for a larger variety of species than usually found in Eastern Ontario. A rich variety of hardwoods, swamp flowers, and nine varieties of snakes including our old friend the black snake (or rat snake) can be found here. Bird life is also an attraction.

But it is the hiking possibilities of the park which most concerns us - these are excellent although appropriate for day hiking only. A good starter is the Pioneer Trail, only a few kilometers long. It starts at the marina and passes the remains of an old farm and graveyard (try to find them) and returns along the shore of the lake where the overhanging cliffs, once an Indian look-out, offer a good place for lunch. The Woodland Trail, a little longer, is just what the name implies. The best hiking however is in the network of trails known as the Westside Hiking Trails totalling about 10 km. The trails begin at the small nature centre, itself worth a brief visit. These

trails take the hiker through the wildest part of the park. You can see arrowhead, cardinal flower, floating hearts, and other swamp flowers. The trails offer beautiful views of the lake, interesting geological features and a rich variety of trees. Of particular interest are the black cherry, shagbark hickory, red oak, birch and of course, the inevitable maples. Unfortunately, there are no swimming facilities along these trails.

At the right time of year, a hike can be followed by a swim at one of the beaches. Spring hikes should be avoided because of the insects. Late August is a good time to go. The Ottawa Club has a hike in the park each summer. It is always well attended. Join us this year.



This photo was taken on the Rideau Trail. Do you know where? Answer on page 8.

Photo by Sig Swanbergson.

BOARD OF DIRECTOR'S MEETINGS

Your Board of Directors meet every three months. Since the last Annual General Meeting September 26th, 1986, meetings were held on October 23, 1986 and on January 17 and April 25, 1987. Highlights of these three meetings were:

- * The designing, costing, ordering and producing of merit badges, to be awarded at the 1987 Annual General Meeting, Jones Falls, September 26th.

- * The production of a new guide to the Trail, including new text and new maps, bound into the guide book. This should be ready in February 1988.

- * Relations with other organizations, principally the Federation of Ontario Naturalists and Hike Ontario. With the latter group, discussions have been lengthy, but some difficulties were resolved at a meeting in Bolton on March 28th and 29th.

- * Reports on the activities of Kingston, Central and Ottawa Clubs. Some highlights are new trail markers, the opening of the Marion Webb boardwalk, a pilot Landowner's Registry (Kingston); hikes near Perth (Central); trail signs to discourage both horse riders and snowmobilers.

- * Trail maintenance was discussed. A RTA maintenance plan is almost ready for press. The Board discussed ways of giving "Go-to-Blazes" Day more publicity, to ensure the greatest possible turnout.

- * A high quality audio-visual display is being made, to give an account of the Trail at meetings, and for general publicity work. Copies of your most scenic or most topical photos or slides will be needed to make this display the best possible.

- * The next meeting of the Board is on July 18th. Please call 596-0572 if you have any special concerns.

"NO" TO BLAZES

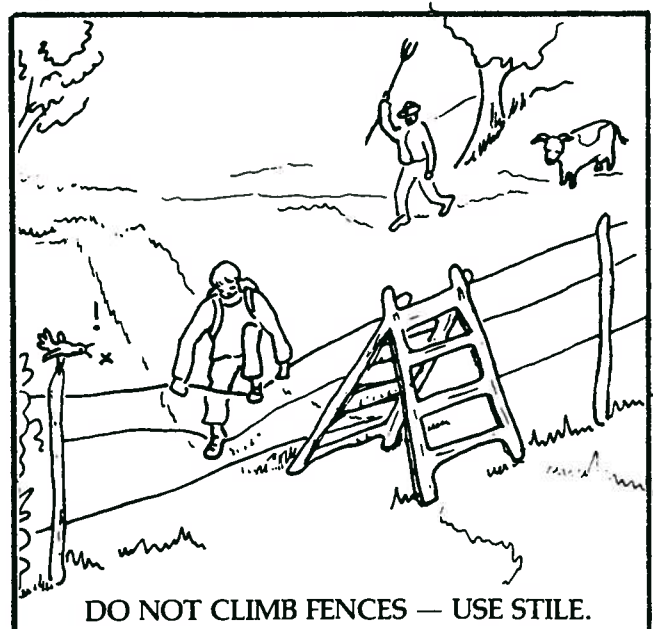
by Keith Bull

Help in the form of walking the trail, cutting back branches and removing trees from the trail, is always appreciated by our maintainers. However, new blazes should only be erected by the maintainer who handles that section of the trail. He is familiar with local restrictions which at times result in the Trail being less clearly marked than we would wish.

Particularly sensitive areas are those on private property and in provincial parks. Here, owners and those in authority have agreements with our Association that blazes will not be put up or perhaps not be visible from the road. In such areas we must rely on our maps and sense of direction.

This is a reason why all hikers should carry a compass and an up-to-date map. (Inexpensive compasses are available for less than \$10.00 and are quite suitable for general guidance.)

However, if you find the trail is not adequately marked, please advise the Association or your Maintenance Coordinator. Then new blazes will be erected if permissible.



OFF THE TRAIL
by Mary Breig

You don't have to go to the Adirondaks to get a view from the mountain top. The promise of high peaks, lakes, rivers and unobstructed views brought out what is thought to be the largest group of hikers in the history of the Ottawa Rideau Trail Club last fall as we climbed Calabogie Peaks. Thirty-four hikers stayed for dinner at a pleasant lodge on the lake front.

In the spirit of "Hike Ontario" we hope to explore more of our own "high peaks" this year.

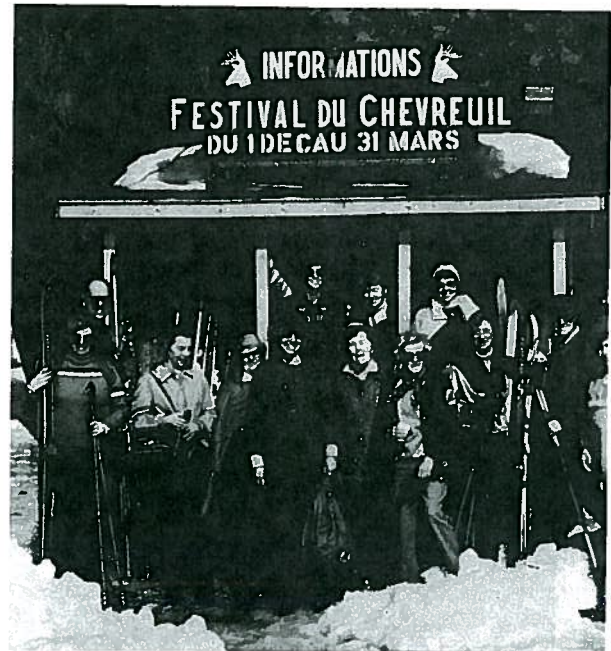
In another off the trail excursion, we headed for Duhamel and the Festival du Chevreuil this spring. Good trails for skiing, snow-shoeing and walking - and again a large enthusiastic group.

Thousands of Virginia Deer winter in the Duhamel area. Villagers have built trails and feed the deer at established feeding stations. The purpose is two-fold: the festival brings tourists to the area and the regular feeding of the large number of deer protects the local forests.

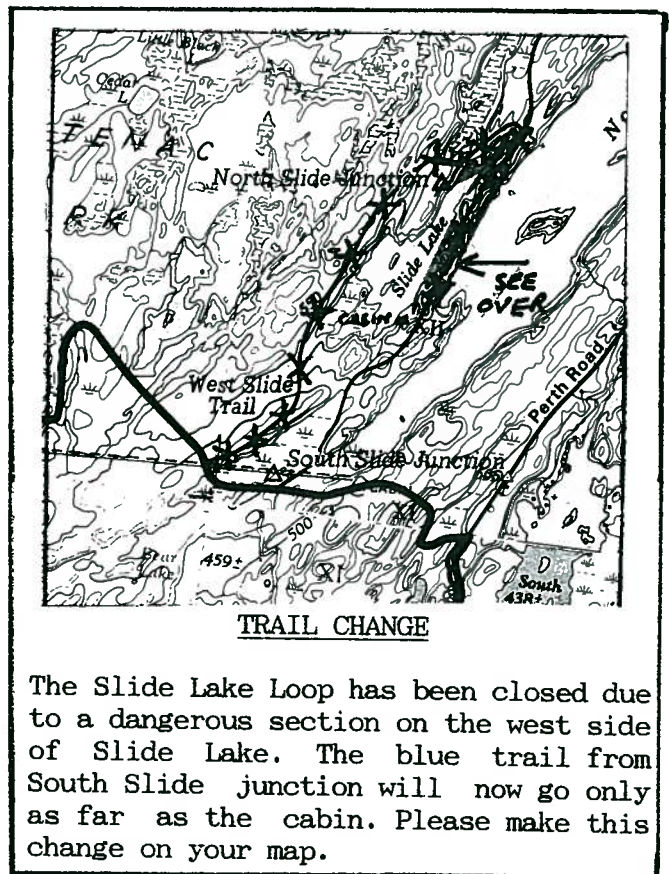
Sunshine, good company, good trails and an abundance of wild life ... where do we go next?

??? ARE YOU AN END-TO-ENDER ???

The board of directors is compiling a list of all people who have hiked the Rideau Trail end-to-end. These people will be awarded an END-TO-END badge in September. If you know of anyone who has hiked the entire trail, please call Ray Forrester, Kingston 542-4385 or Pearl Peterkin, Ottawa 829-3062



Some of the many members who enjoyed an "Off The Trail" winter outing.
Photo by Ken Prior.



The Slide Lake Loop has been closed due to a dangerous section on the west side of Slide Lake. The blue trail from South Slide junction will now go only as far as the cabin. Please make this change on your map.

KINGSTON CLUB ANNUAL GENERAL MEETING

The annual meeting of the Kingston Cub was held on the 2nd May at Charleston Lake Provincial Park. It was a beautiful day, sunny and cool enough to keep the black flies away until late afternoon.

The executive of the Kingston Club nominated for 1987/88 is:

CHAIRMAN -	Su Nag	546-6041
VICE-CHAIRMAN -	Betty McIver	549-8028
PAST CHAIRMAN -	Keith Bull	546-9693
SECRETARY -	Margaret Page	389-7840
TREASURER -	Peter Skelton	544-0151
CO-ORDINATORS OF :		
ROUTES AND NEGOTIATING -	Arne Henrikson	544-1465
CONSTRUCTION -	Harry Gardner	389-9639
MAINTENANCE -	Don Green	389-5458
PUBLICITY -	Jean Thompson	544-0340
HIKE PROGRAMME -	to be filled	
SPECIAL EVENTS -	Mary Jane Bowes	544-2753
HUMAN RESOURCES -	Pat Hepplestone	389-4409
NEWS LETTER -	Julie Webb	546-1093
REPRESENTATIVES TO :		
RIDEAU TRAIL ASSOC -	Norm McLeod	546-9440
HIKE ONTARIO -	Arch Mason	544-5690

We urge all members to keep in touch with their executive. Call if you have suggestions regarding the various activities of the Club.

EASTER IN THE BLUE RIDGE MOUNTAINS by Stanley Douglas

Our group was surprised to find, after travelling south for a thousand kilometers from Kingston, that the weather in Virginia was a week or two behind our own. This was the result not only of more inclement conditions as was usual but, more particularly, of the altitude of the Blue Ridge Mountains where we camped and hiked for five days.

Our first two days were centred in Big Meadows campground in very wet, foggy surroundings.

Fortunately, we were well equipped for the season, had ample food supplies and were much too busy hiking some of the trails unique to Shenandoah National Park and the Appalachian Trail to think much about weather.

We lost no time setting out on our first hike along the Rose River Trail and were soon able to ignore the gentle, persistent rain and mist which remained with us most of the day. This

was a slightly difficult trail amidst stands of mature hemlocks and oaks, with the ground rocky and sometimes steep. A deep bed of oak leaves carpeted the trail.

Though Easter was late this year there were few wildflowers out; a few coltsfoot, patches of wild violet leaves and, I think, one bloodroot in flower.

We were unable to cross the cascading river, swollen and in spate from the previous day's flooding, so we followed along its steep bank for some miles, opposite the designated trail. This was an experience in bushwhacking which we did not really need. We eventually caught up with the trail alongside the steep and spectacular Dark Hollows Falls and returned to our nearby camp tired but exhilarated.

Almost all of the circuit trails which run off the Appalachian Trail have a greater or lesser degree of steepness

which, besides testing one's limbs, provides a never ending succession of views.

A great test of our stamina was a day long hike to the summit of Old Rag Mountain. "Climb" would be a better word. From a starting point near Skyline Drive we descended steadily along a fire road around Robertson Mountain. Old Rag appeared through the stands of leafless hemlocks, its rocky summit appearing ever more detailed and rugged. There followed a hard climb for another two miles. We scrambled over precipitous rocks for the final ascent to its 3291 foot peak and a remarkable panoramic view of all the surrounding mountains and valleys.

We shared accomodation in Rock Spring Cabin for three days. Positioned on a very steep hillside the log cabin overlooked the town of Stanley. We were treated to gorgeous views of the setting sun and, afterwards, a myriad of city lights from the valley below.

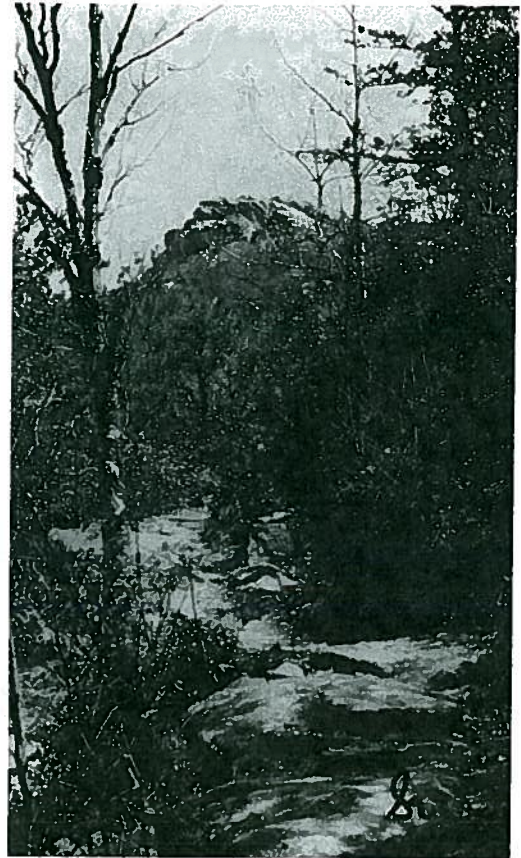
We flushed a grouse, heard but did not see some woodpeckers and marvelled at the gliding capabilities of numerous turkey vultures. As usual, the noise we made on the trails scared off birds and small animals except for the deer. They were everywhere, grazing contentedly in the early and late evening. We often approached them within a few feet.

Other hikes included Hawksbill Mountain, Bearface Mountain, the Stoney Man Mountain Nature Trail and Little Devil Stairs Trail with its cascading falls.

In every weather the Blue Ridge Mountains in Virginia give an hiking experience equalling our own Frontenac and Algonquin Parks.

??? ARE YOU AN END-TO-ENDER ???

Are you one of this select group?
If you are please phone:
Ray Forrester, Kingston 542-4385 or
Pearl Peterkin, Ottawa 829-3062.



Nearing the summit of Old Rag Mountain.
Photo by Su Nag.

Perhaps these words from a gypsy's song
make a thought for a day

Worldly goods that possess,
own and destroy you.

Love must be like the blowing wind.

Capture the wind between walls and it
becomes stale.

Open tents.

Open hearts.

Let the wind blow

Submitted by Moira Drummond



If undeliverable, please return to:

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



Registration card
June 1987
on the 1st of June
Anchored in the
the for

Ottawa Phone Number:
613-596-0572

APPLICATION FOR MEMBERSHIP
Effective April 1st, 1987

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 Club and Association activities.

() Annual Family Membership.....	\$ 10.00
() Patron (Life Membership).....	150.00*
() Map Kit (13 maps) Members only.....	4.00
() Trail Notes Members.....	5.00
Non-members.....	8.00
() Car sticker (FREE to New Members).....	.50
() Crest.....	2.00
() Enamelled Pin.....	3.00
() Donation to RTA.....	_____*
() Donation to Corridor Preservation Fund.....	_____*

PLEASE CHECK New () Renewal ()

Name.....

Address.....

Postal Code.....Telephone.....

Prices subject to change. TOTAL _____

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